

PRESS PAUSE

Turn your attention to your breath.
Breathe 3 times with a long, slow exhale
as you say to yourself: “In...Out...In...Out...”

Ask yourself 3 questions:

1. What am I experiencing in this moment?

Be curious!

2. How am I reacting to this?

Wonder, with an attitude of acceptance. Be open to the answer and welcome whatever you are experiencing just the way it is...not trying to change it. No wrong answers.

3. Given this, what is the wisest and kindest way I can respond?

What would a wise friend say or do?

Be gentle with yourself.

Practice several times/day

Set a timer to remember or add into your routine...

- before meals
- when you get in and out of bed
- every time you get in the car
- before you make a phone call



BraveBrains
RENEWING HOPE FOR A BRIGHT FUTURE