

STOP!

When you pause, even for less than a minute, it can help you gain perspective and refocus on what you're doing.

Notice your breathing for a moment. Breathe in slowly through the nose, then purse your lips and exhale slowly and deeply.

T AKE A BREATH

Pay attention to your current thoughts, emotions and physical reactions. What sort of things come to mind as you sit with this moment?

O BSERVE

Mindfully consider how you'd like to respond. What's one thing you'd like to focus on now? Narrow your focus, and take one step at a time.

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