

mindful abc's

a basic tool for un-mindful moments

We all have *un-mindful* moments.
Sometimes life feels overwhelming.
Having a 'moment'? Try this...

acceptance

- Accept yourself & where you're at in *this* moment
- What can you appreciate about yourself *right* now?
- Take comfort: change is inevitable!

breath

Find it

Focus on it

Use it: **Take a Minute!**

Take a Minute — in 8 easy steps

1. Stop
2. Close your eyes (if it's safe)
3. Focus on your breath
4. Inhale through your nose; exhale through pursed lips, 3x slowly
5. Visualize a big balloon around you:
This is your personal bubble; you are safe here.
6. Inhale: Fill the bubble (count of 4)
7. Exhale completely (count of 5)
8. Pause — sink into the quiet of your empty lungs
— Repeat 3 times —

compassion

Be kind — use gentle self-talk

Care — receive self-care & care from others

Choose Joy!

You have 60,000 thoughts / day:

What you think matters!