

PRESS PAUSE

**Take six long, slow deep breaths.
As you breathe, allow each exhale to get
just a little longer than the last.**



Keep breathing as you ask yourself...

1. What am I experiencing in this moment?

Be curious! What emotions do you notice? Any physical sensations? What thoughts are running through your mind?

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.

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

Sometimes it helps to think of what you would tell your best friend, or what a safe, trusted person might say to you. This might include a fresh perspective, a next step, or some compassionate acceptance of your feelings.

Nice work!

Now it's time to add this into your routine:

Choose a time to pause each day, such as before meals, when you get in and out of bed, in the car, waiting for the bus, before you make a phone call, or after using social media.

I'm so glad we're in this together!



Learn more at www.JessicaSinarski.com

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