

Stop

Pause and Observe

Just Look

No need to figure it out
No need to fix it
Just look at it

Stay Present

Is it about the past?
Is it about the future?
Focus on the now

"Let Go"

Breathe In

Breathe Out

Notice

What do you feel?
Where in your body?

Accept

No judging. No resisting.
Welcome, turn towards
No pushing away

What Do I need?

How can I show myself compassion?