

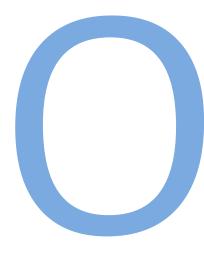
Interrupt anxious thoughts and feelings

Stop.

When you notice yourself feeling anxious or overwhelmed, stop what you're doing or thinking for a moment.

Take a deep breath.

Inhale slowly through your nose and exhale slowly through your mouth. Repeat several times.



Observe.

Notice what is happening in your body and mind. Acknowledge the feelings and thoughts are you experiencing.

Proceed.

Choose how you would like to proceed, focusing on activities or thoughts that make you calm and happy.