

# ***Feeling Overwhelmed?***

Respond with a Mindful Moment

Ground yourself in the present

## **Pause**

When you notice your nervous system amplifying

## **Breathe**

Anchor your awareness in the movements of your breath

## **Choose**

Your next step based on your current experience



Go for a walk

Mindfully wash your hands

Feel the soles of your feet connecting to the floor

Mindfully drink a cup of tea

Modify your activity

Adjust your expectations

**Pause - Breathe - Choose**