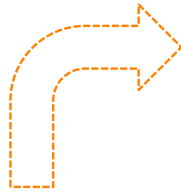


MINDFULNESS TOOLS AND TECHNIQUES

if you are feeling stressed or overwhelmed try the... **Three Step Breathing Space**

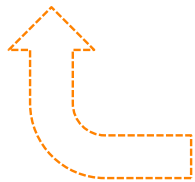
NON-JUDGEMENT

what feelings are present right now? Bring a sense of acceptance to your experience



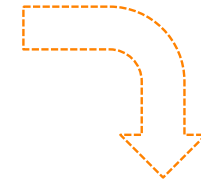
REMEMBER

the breathing space is not a break or diversion from reality, but a way of re-engaging with it



EXPAND

your awareness to the whole body focusing on sensations accepting what is happening with kindness



CONCENTRATE

on your breath as an anchor to the present moment interrupting the internal narrative

