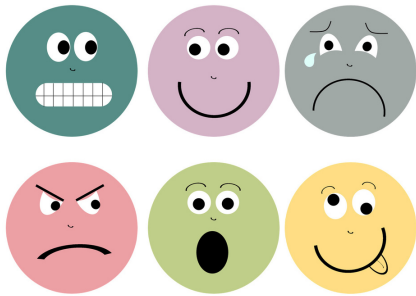


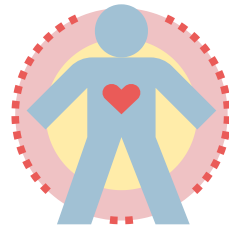
Mindful Pause

1 Pause and take a breath



2 How am I feeling?

3 Where do I feel this emotion in my body?



4 What do I need to do to take good care of myself?

5 How am I feeling now?

