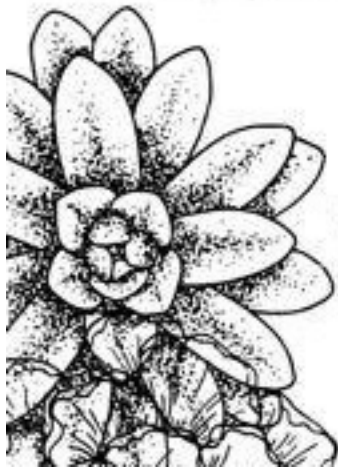

Mindfulness tips

DURING THIS DIFFICULT TIME

Remember to breathe! This is a tool you carry with you at all times. Imagine a box or a star and notice your breath moving along it - one side breathe in, one side hold, one side breathe out.

Honor your emotions but do not attach to them. Experience fear, sadness, worry and then allow yourself to move that feeling aside and insert a new thought. Try using the mantras "I am safe now", "I am in control of my feelings", or make up your own!



Use your 5 senses when noticing panic:
What do you hear, taste, see, smell & feel
Find things to draw your attention to these areas:

Run your hands in cold water, light a candle,
play some music, notice the delicious taste
of your favorite snack

Try something new, learn a skill, read an old
book, write a letter to someone you love