

## HERE'S A MOMENT OF CALM THAT YOU CAN GIVE YOURSELF WHENEVER YOU NEED IT THE MOST!

by Ann Weiser- Cornell

1. **Pause.** Just pause. Mid-sentence if you need to! It's OK. You've always got one minute, no matter what's going on.
2. **Become aware.** Aware of what is around you, what you're touching, seeing, hearing. Catch a glimpse of something in your environment that delights you.
3. **Acknowledge.** Put a hand on your heart and say, "I am sensing something in me feeling [stressed, anxious, overwhelmed... whatever it is for you]."
4. **Be gentle.** Say to your feelings, "I know it's hard. And I am here."

***Repeat as often as needed. You deserve it!***

For more of Ann Wiser-Cornell - checkout her website: [focusingresources.com](http://focusingresources.com)