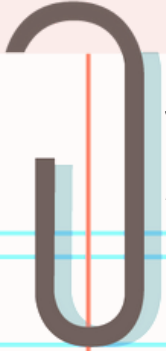




A Writing Exercise Making Mindful Changes



S: Slow down and Stop.

Name and describe the change you are facing:



T: Take a breath.

Breathe in for 3. Hold your breath for 3. Breathe out for 3.

Repeat if required.

O: Observe.

What's happening inside you? What do you think?

What are your feelings?

P: Proceed.

What do you want to do next?

How will you manage change?