

# NAME IT TO TAME IT

*mindful tip*



## STEP 1

When you notice you're feeling stressed or off-balance throughout your day, take a moment to pause.

## STEP 2

Notice the emotion that is present and "name it to tame it."

## STEP 3

Take three deep breaths, making space for the emotion to simply be there (without suppressing or acting out on it)

## STEP 4

Based on your awareness of the emotion, consider *"What is the most appropriate response right now?"*

