

# Self-Care Through Mindfulness

*Feeling overwhelmed, stressed, or anxious?*

*Follow these three easy steps!*

## NOTICE



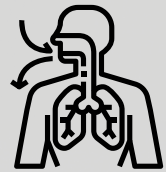
Take notice of how you are feeling, without judgement: "Wow, I am feeling really overwhelmed right now." or "I am stressed out!"

## STOP



If you can, stop what you are doing. Step away from what is causing you to be frustrated. Go outside or step out of the room.

## BREATHE



Take 5 slow, deep breaths in through the nose and out through the mouth, bringing your lips together like you are blowing bubbles.

Mindfulness is being aware and noticing, in the present moment, without judgement.