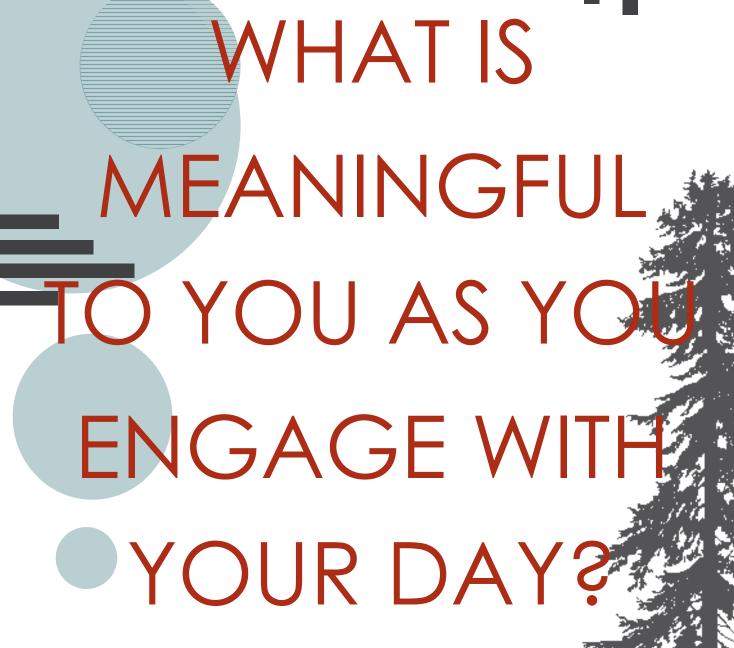
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## CONTROL RIGHT NOV?



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## OW CAN LIVE YOUR DRE VALUES SAYDOL





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## MADE A MISTAKE OR HAVE HAD DIFFICULTY RECENTLY?

- 1. Notice when you are being self-critical.
- 2. Make an active effort to soften the self-critical voice.
  - 3. Ask yourself how a compassionate friend might respond to you.



**S**: Stop.

T: Take a few breaths.

O: Observe your experience.

How are you feeling?

P: Proceed with awareness.
What's helpful?



R: Recognize your feelings.

Name it to tame it.

A: Allow yourself to feel.

It's human.

: Investigate in the body.

Feel it to heal it.

N: Nurture. Offer yourself a warm touch or some words of support.

