

OSHER CENTER FOR INTEGRATIVE HEALTH



WHAT CAN YOU CONTROL RIGHT NOW?



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WHAT IS MEANINGFUL TO YOU AS YOU ENGAGE WITH YOUR DAY?



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HOW CAN YOU LIVE YOUR CORE VALUES TODAY?



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WHAT'S GONE WELL TODAY?



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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.

I: Investigate in the body.
Feel it to heal it.

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

