

# NAME IT TO TAME IT *Or* FUEL IT



## TAME IT

### PAUSE

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

### OBSERVE

Bring curiosity to your thoughts, emotions, and body sensations. With a kind and allowing attitude, name the unpleasant emotion to tame it (e.g. "anxiety" "anger" "resentment" "disappointment").

### CHOOSE

Based on your awareness of the emotion, consider "*What is the most helpful response or action to take right now?*"

## FUEL IT

### PAUSE

When you notice you're feeling good or experiencing a pleasant emotion or moment, take a moment to pause.

### OBSERVE

Bring curiosity to your thoughts, emotions, and body sensations. With a kind and allowing attitude, name the pleasant emotion to fuel it (e.g. "peaceful" "satisfied" "amused" "hopeful"). You could even say to yourself, "*Hey, this is a pleasant moment!*"

### CHOOSE

Savor the moment. Let the pleasant feelings flood your body. Allow yourself to feel a nature sense of gratitude or ease. Linger for at least 10-15 seconds to really take it in.

