

MENTAL NOTING

for Calm + Non-Reactivity



1 **PAUSE** what you're doing.

2 **OBSERVE** by gently guiding your full attention into your body. Use a MENTAL NOTE - a one-word label - to calmly and objectively name what you're experiencing, like a whisper in the mind (*e.g. warmth, pressure, tightness, worry, frustration, peace, boredom, tiredness*).

3 **CHOOSE** a wise response. Instead of staying in autopilot or reactivity mode, you can use what you learned from mental noting - "thirsty" "tension" "overwhelm" - to take wise action. You might get a quick drink, briefly stretch your body, or kindly give yourself permission to take things one at a time (single-task!). Then proceed with presence into your next activity.

