



WHEN YOU FEEL OVERWHELMED AND OUT OF CONTROL

STOP, STAMP YOUR FEET ON THE FLOOR AND FEEL THE GROUND. PUSH DOWN SLIGHTLY THROUGH THE BOTTOM OF YOUR FEET AS IF YOUR FEET WERE GLUED TO THE FLOOR, EXPLORE THE FEELING. WHEN SOMETHING IS WEIGHTED IT IS UNLIKELY TO FALL OVER.

BRING YOURSELF TO THE PRESENT MOMENT TO STOP YOUR MIND RACING.

WHATEVER IS GOING ON WILL STILL BE THERE BUT YOU WILL BE ABLE TO DEAL WITH IT FROM A PLACE OF CALM AND STABILITY.