

A MINDFUL SNACK

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK.

Here's how to do it:

S

Stop

Just stop whatever you're doing. Stopping, by definition, requires us to begin again. We can always begin again.

N

Notice

What is happening within and around you?

A

Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

C

Curious

Ground yourself with questions about your experience and environment.
What am I feeling?
What do I need right now?

K

Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

Credit: Carla Naumburg, PhD, carlanaumburg.com