

STOP LOOK & LISTEN

**A SIMPLE APPROACH TO USING MINDFULNESS
BASED ON WHAT YOU LEARNED IN KINDERGARDEN**

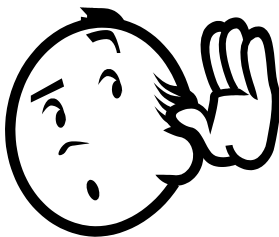


STOP

Pause.
Moving into mindfulness,
Bringing awareness to breath & body.
Changing your posture.

LOOK

Look inside. Look into your heart and mind.
Noticing thoughts running through your mind.
Noticing sensations & feelings in your body.
Accepting with an open heart whatever arises.
Noticing if there is a sense of being hooked by or
fused with any thoughts or feelings.
Using labels to name unpleasant thoughts, feelings and sensations.
Bringing awareness to breath for 30-60 sec., then to body.



LISTEN

Listening to what is going on around you in the environment.
Listening deeply to anyone you are talking to.
Is there anything truly problematic or dangerous going on?

CROSS THE STREET

Bringing awareness to breath & body.
Deciding what to do next using your wisdom and compassion.
Moving towards whatever direction you truly value.
Speaking only what is true, useful and kind.

