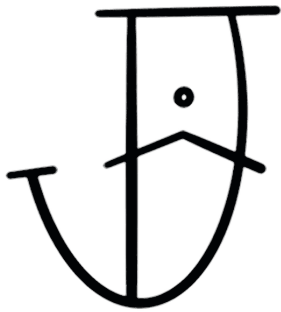


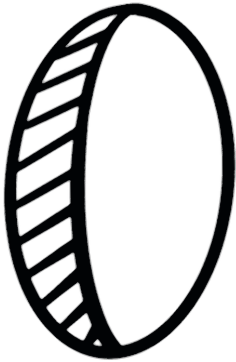


Mindfulness Skills



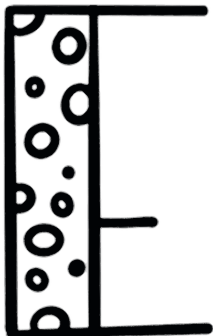
NONJUDGMENTALLY

Pay attention without deciding if situations are good or bad. Stick to what you can see and name the facts: who, what, where, how, and why.



ONE-MINDFULLY

Do one thing at a time, in the current moment. Being one-mindful is opposite to multi-tasking. If you get distracted while being mindful, bring your attention back to the moment.



EFFECTIVELY

Being effective is playing by the rules. It's doing what works in the moment, without allowing emotions to get you off track. It is letting go of being "right" or seeking revenge.