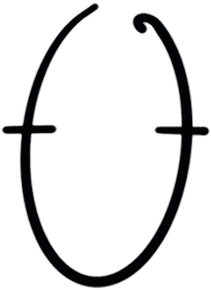


# WHAT



## Mindfulness Skills



### OBSERVE

Observe is also called, "Wordless watching." It is noticing or paying attention to the current moment, using your five senses. Be sure to notice both inside and outside of yourself.



### DESCRIBE

Describe is putting words to your experience. Remember to describe using facts, and not your interpretation (making up your own explanation) of the situation.



### PARTICIPATE

Participate is being fully in the experience . . . don't hold back! Some people call this being "in the zone."