

The Steps Out of Anxiety

1. RECOGNIZE | REGULATE

- An event is happening in my body.

2. ALLOW

- Lean in | Practice non-resistance | It will pass

3. INVESTIGATE.

- Take Temperature | Explore | Attend | Unpack now?

4. CHOICE POINT.

- If thoughts in charge: stay in body, be totally present
- If stable container: Ask what is going on? Explore cause?

5. NURTURE