

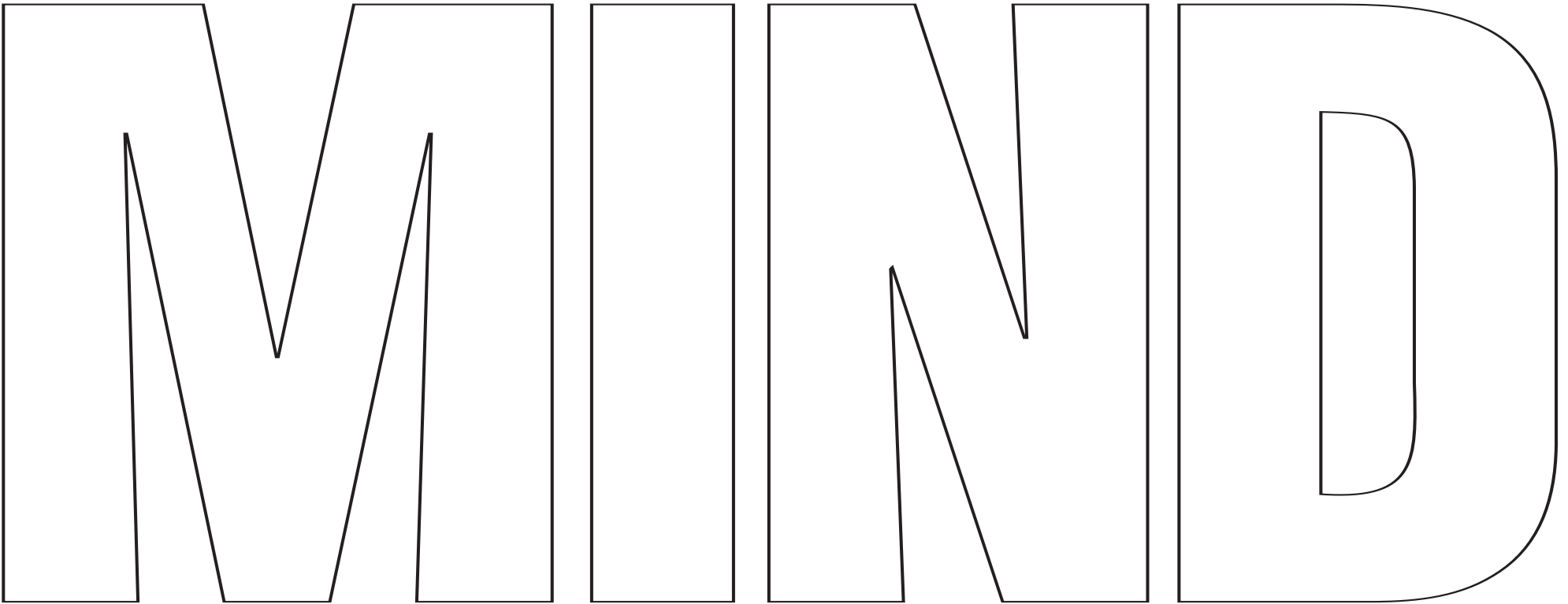
WHO?	WHERE?		HOW?	S	I CAN SAY?
					I CAN DO?
WHAT?	WHEN?				I CAN BE?

WHO?
WHAT?
WHERE?
WHEN?

INSPECT FACTS

SEEK IDEAS

EXPRESS SAFELY

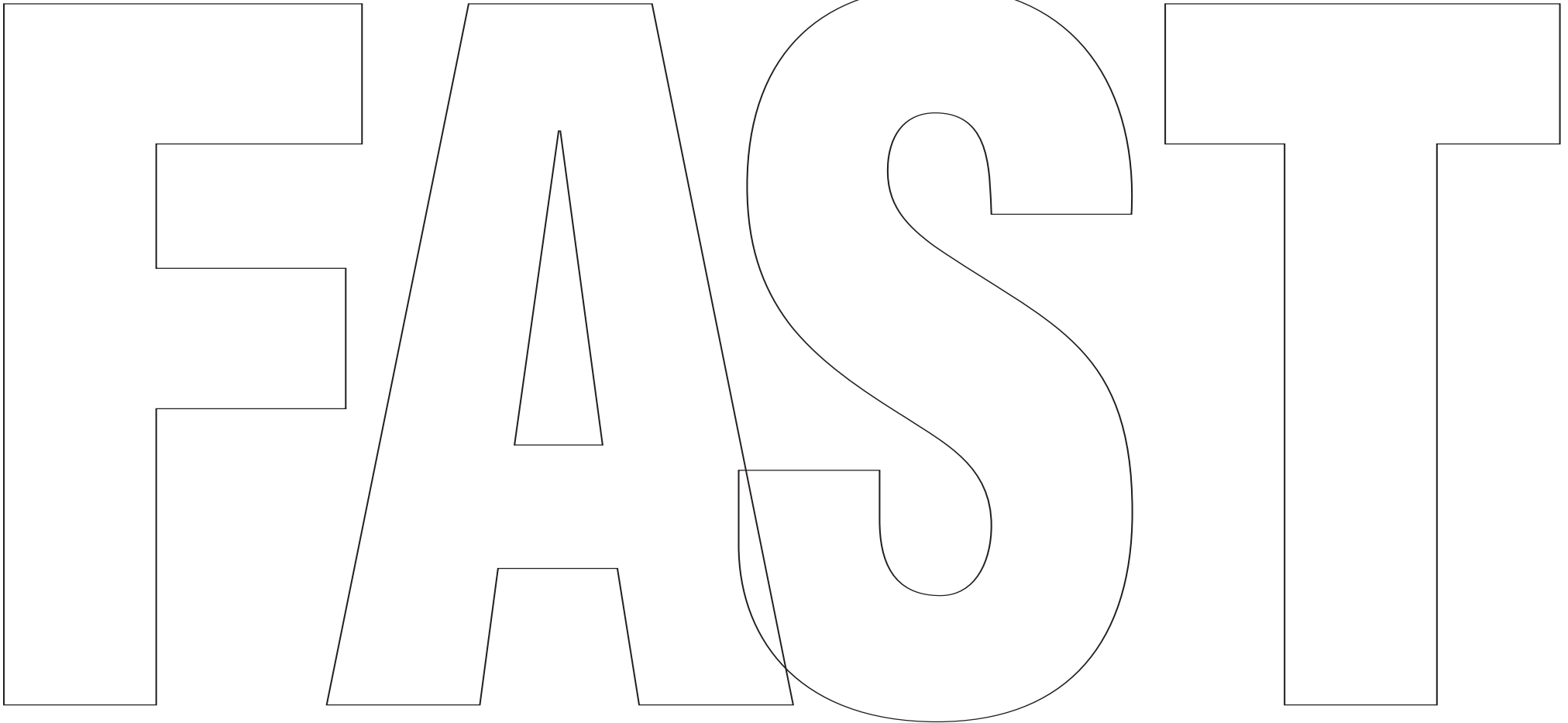


**MANAGE MENTAL
ABILITIES**

INVITE IDEAS

NEXT STEP

DO IT WITH CARE



FAIR

APOLOGIES (No Apologies)

STICK TO VALUES

TRUTHFUL

WISE MIND . . .

P

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A

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E

**PHYSICAL
NEEDS**

**EMOTIONAL
NEEDS**

**AVOID
ADDICTIONS**

**CALM
SPIRIT**

**EXERCISE &
EAT HEALTHY**

WISE MIND . . . TEARS IN YOUR EYES FROM TEARS IN YOUR HEART.

TEARS

TROUBLE

Use
WISE MIND
to inspect
the trouble.

EMOTIONS

Your are more
than your emotion.

Unstick it.
Do not hang on.
Do not rehearse.

Step back
Emotions are real
and valid but can
get in the way.

ALERT - ATTACK

Accept the reality.

Ride the wave of
the experience.

REMEMBER

You are not
your emotion.

SUFFERING

You have survived
many other
troubles.

Take one second,
minute, hour,
at a time.

WISE MIND . . . Your emotions are not you - you are not your emotions.



CALM

Settle
yourself.

Breath easy.

Take a walk.

HALF SMILE

How are
your feeling?

Bring up
the happy
energy.

OPEN

Your
heart to
options.

Your mind
to ideas.

INVITE

Understanding.

Do not
rile up.

COURAGE

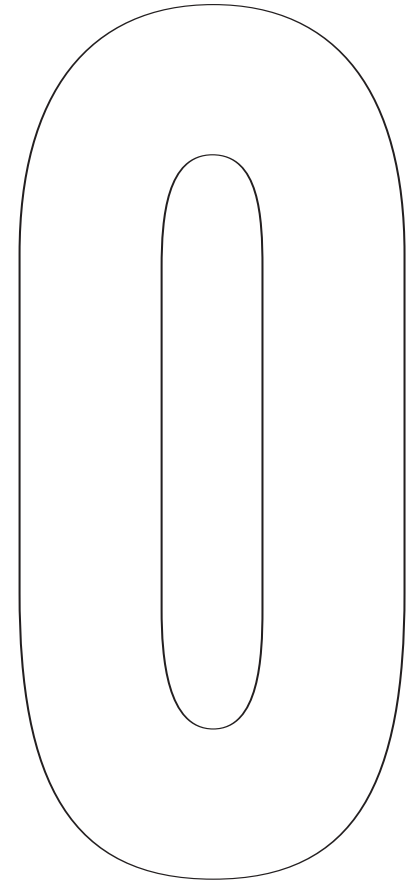
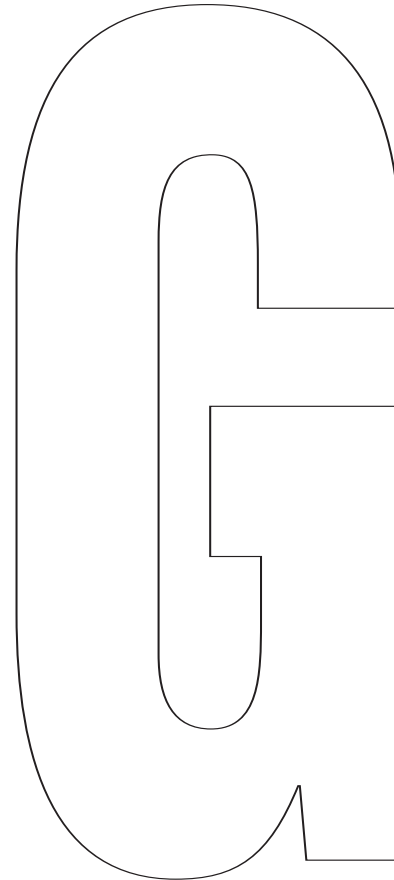
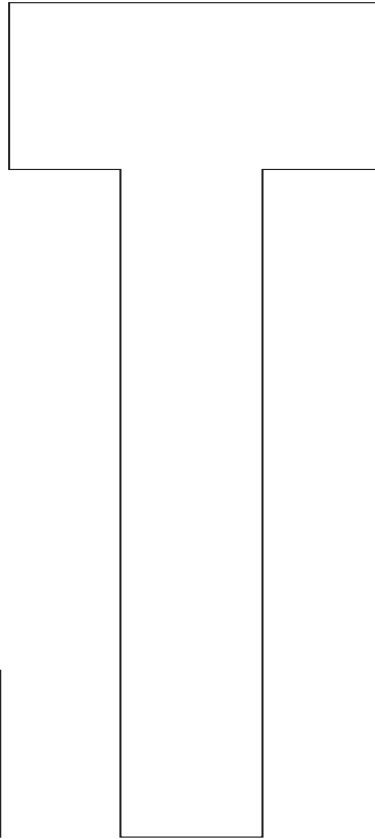
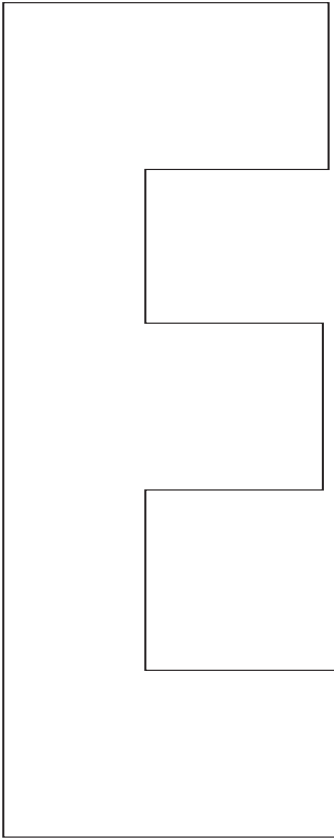
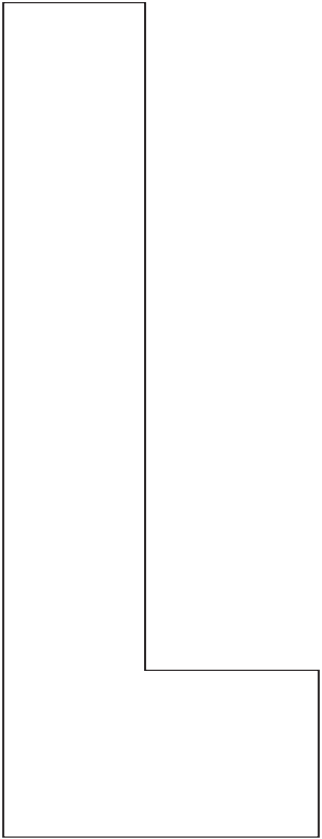
Know who
you are.

Change or
charge.

**EMOTIONAL
LOVE**

Practice
loving your
emotions.

WISE MIND . . .



**LOVE
YOURSELF**

Do something
nice for you.

**EMOTION
CHECK UP**

How is your
engine running?

**TRUTH OF
SITUATION**

Face the
truth.

**GIVE YOUR PAIN
TO HIGHER POWER**

Pray.

**OPEN NEW
OPTIONS**

Be open to
new ideas,
activities & change.

A G E E P T S

ACTIVITIES

Make a list of things you like or want to do.

Fun
Active
Safe
Easy

CONTRIBUTE

Volunteer.

Do something nice for someone.

COMPARE

To last year.

Other's suffering.

Two year dream.

EMOTIONS

Think opposite of how you feel.

Watch a funny movie.

PUSH AWAY

Build an imaginary wall between you and the situation.

It's a worry.
It's a problem.
Know it but don't own it.

TRICK A THOUGHT

Count to ten, list colors, count stars in sky.

Do a puzzle, crossword, maze, read, suduko, colorbook, watch TV.

SENSATIONS

Self soothe
Ride bike, jog, walk, exercise.

Suck on ice, lemon.

Take a bath, shower.

Squeeze a ball.

W M P R O W E

IMAGERY

Relaxing place to drain the hurt out of your toes.

Imagine how you can cope well.

Soldiers fighting & winning

MEANING

Focus on whatever remains positive in the moment.

Find one good thing that may happen because of present.

PRAYER

Open your heart to greater wisdom.

Ask for strength.

Walk, talk, kneel, write pray.

RELAX

Half smile and breath into your heart.

Listen to a relaxing music.

Take a bath or shower.

Massage hands or feet.

ONE THING AT A TIME

Focus on what your body is doing.

Stay in the present moment.

Let go of fear and worry of the future.

VACATION

Take a short nap.

Turn off the phone.

Cuddle with tea and a magazine.

Take a one hour breather.

ENCOURAGE

I can do it.

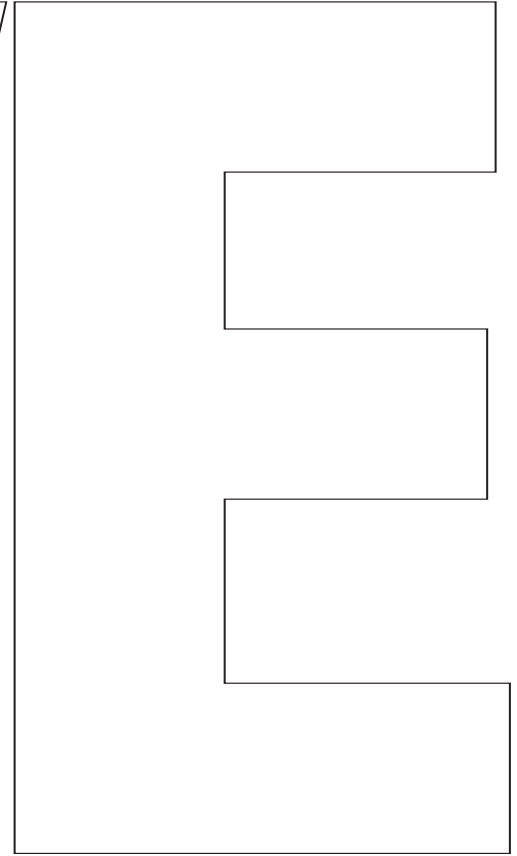
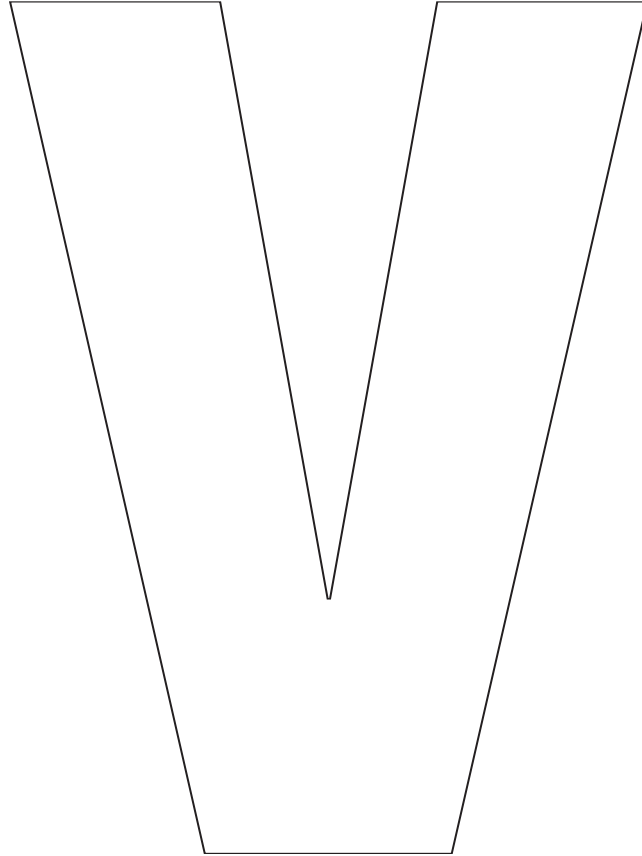
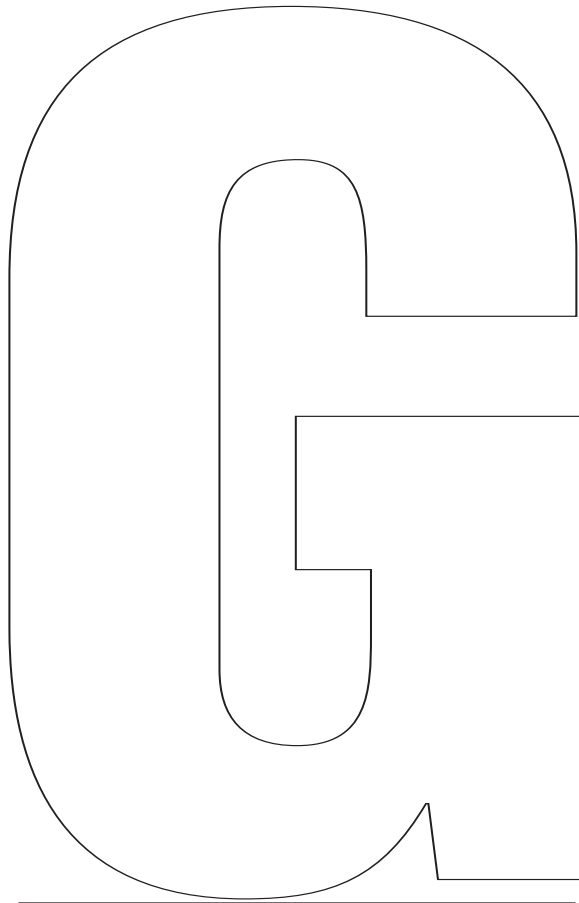
I'm OK.

This won't last forever.

I can make it out of this.

I am doing the best I can.

WISE MIND . . .



GENTLE

Avoid attacks or judgements.

Don't make threats.

Stay in the discussion
even if it gets painful and
exit gracefully.

No putdowns in voice
or body language.

INTEREST

Share time.

Be patient.

Listen to what
person has
to say.

No guilt trips.

VALUE

Try to find out what
the problem is.

Do not judge other
person's truth
___ wants
___ feelings
___ needs
___ opinions
of situation

EASY DOES IT

Be light hearted.

Use kind humor.

Ease person along,
people do not
like being pushed,
bullied or made
to feel guilty.