

APPLE

A Mindful Response to Thoughts



ACKNOWLEDGE - Notice and acknowledge the thought as it comes to mind.

PAUSE - Don't react as you normally do. Just pause, and **breathe**.

PULL BACK - Tell yourself this is just the anxiety or depression talking, and this thought or feeling is only a **thought** or feeling.

Don't believe everything you think! Thoughts are not statements of fact.

LET GO - Let go of the thought or feeling. It will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

EXPLORE - Explore the present moment, because right now, in this moment, all is well. Notice your **breathing**, and the sensations of breathing. Notice the ground beneath you. Look around and notice what you see, what you hear, what you can touch, what you can smell. Right **NOW**. Then, **SHIFT YOUR FOCUS OF ATTENTION** to something else - on what you need to do, on what you were doing before you noticed the worry, or do something else - **mindfully**, with your full attention.