

A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

S

Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.)

N

Notice

What is happening within and around you?

A

Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

C

Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now?

K

Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.