



## **Mindful Zone: Tuning Into Yourself**

*The mindful zone is a place to get in touch with how you are feeling inside and come back to your breath.*

**Body Awareness:** *Do a body awareness scan. Now write what you felt.*

*In my body right now, I feel*

*(Examples: my heart is beating fast, I feel hot / cold, my breath is short / tight / fast, my muscles feel tight / tense, )*

*What are your body's warning signs that you are losing control or reaching a "danger point?"*

**Mindful Thinking:** *Now tune into your thoughts. What are the thoughts that are going through your mind?*

**Name it to Tame It:** *The emotion (or emotions) I feel right now is*

*(examples: angry, mad, sad, frustrated, impatient, worried, scared).*

*It feels like:*

*\_\_\_\_\_ (example:*

*is it big / small, is it in one area or many areas, is it hiding, is it taking over?)*

**Anchor Spot Breathing:** *Now take three or four mindful breaths. Now I feel*

*What I can do differently next time I am losing control is:*