

4 STEPS TO SURVIVE AN EMOTIONAL CRISIS

S Slow your breathing.

Take a few deep breaths to anchor yourself to the present.

T Take note.

Notice what you're thinking, feeling and doing.

O Open up.

Open up around your thoughts and feelings. Accept them.

P Pursue your values.

What do you want to be about in the face of this crisis? How do you want to act?



Scan to listen to the Calm Living Blueprint Podcast episode, "How to Survive an Emotional Crisis"