

A person stands in the opening of a dark, rocky cave, looking out at a vibrant sunset over a rocky beach. The person's silhouette is visible against the bright light of the setting sun. The cave's interior is dark and textured, while the exterior shows a rocky shore with a pool of water reflecting the scene.

Be your best self.

Retrain your Brain!

3 STEPS TO STOP ACTING FROM HABIT

BY KAREN LOWE

Step One!

Being Mindful of Your Present

- Understand the things that trigger you
- Recognize how you act and feel when triggered
- Know where you feel these feelings
- Recognize the thoughts that arise when triggered

Step Two!

Stop & Realize you have been Triggered

- Stop in silence
- Do not react
- Notice what happens
- Realize that some habits of reaction do not serve you anymore

Step Three!

Reassess your Situation & Respond

- What is your intention in this situation
- Be deliberate in how you CHOOSE to respond to the situation
- Repeat these steps