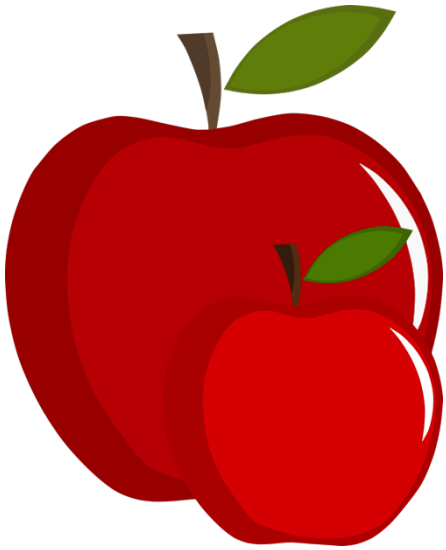


Respond to your thoughts mindfully



A - Acceptance

P - Pause

P - Pull Back

L - Let Go

E - Explore

S - Shift your Focus

Accept: Begin by acknowledging the thought as it arises. Allow it to exist without immediate judgment.

Pause and Breathe: Rather than reacting impulsively, take a moment to pause and breathe. This simple act can create a space between you and your emotions.

Pull Back: Remind yourself that the thought or feeling is a product of anxiety or depression. It's not an absolute truth but a passing mental state. **Question Your Thoughts:** Understand that thoughts are not indisputable facts. Challenge their accuracy and validity.

Let Go: Understand that thoughts and feelings are transient. You have the power to release their hold on you. Picture them drifting away like bubbles or clouds.

Explore by staying present: Focus on the present moment. Tune into your breath, the sensations it brings, and your surroundings. Engage your senses: what you see, hear, touch, and smell right now.

Shift Your Focus: Once grounded, redirect your attention. If a worry arises, intentionally refocus on a task or activity, engaging fully and mindfully.

Remember, these techniques can be powerful allies in managing challenging thoughts and feelings. However, for persistent anxiety or depression, it's important to seek guidance from a mental health professional who can provide personalized support and strategies.