

IMPROVE the Moment

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| <p><u>I</u>magery: List 5 images you can imagine that are soothing</p> | |
| <p><u>M</u>aking <u>M</u>eaning: of ONE of your situations</p> | |
| <p><u>P</u>rayer: What words help you in crisis?</p> | |
| <p><u>R</u>elaxation: List 3 formal & 3 informal</p> | |
| <p><u>O</u>ne thing in the moment: List 5 things you can do one- mindfully</p> | |
| <p><u>B</u>rief <u>V</u>acation What could you do to take a break and take care of you?</p> | |
| <p><u>E</u>ncouragement How can you positively coach yourself?</p> | |