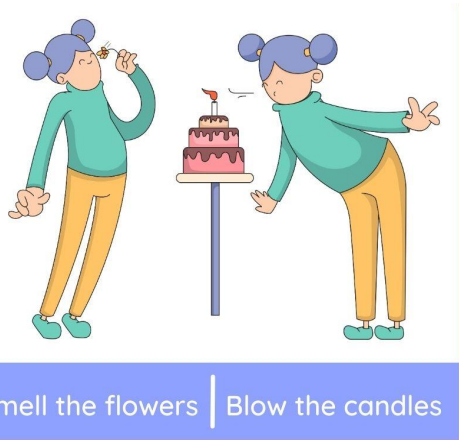
Making Space Between Our Emotions and Our Actions

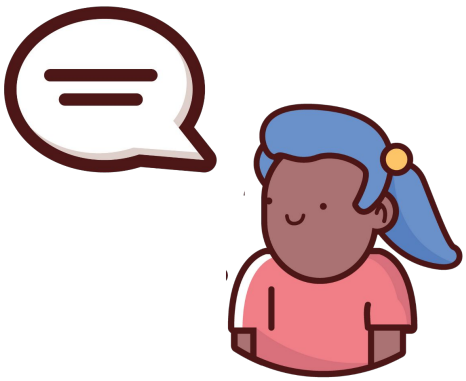
Often we take our emotions as directions to act in a certain way. It's hard, but we can make space between our emotions and our actions to give ourselves time to think about how to act.

1



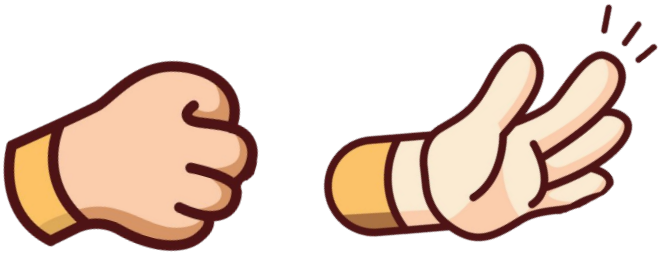
Take 10 breaths

2



Slow down your speaking

3



Tense and release