Want to try Mindfulness? Remember the 5 R’s

**R**ecognize: Be aware of yourself. Recognize your thoughts and your own internal dialogue and when you’re caught up in negative, fear-based thinking. Practice noticing your mental state.

**R**elax: Explore ways to slow down, connect with your breath and relax your mind and body.

**R**eview: Gently review your options and ways that you might respond to a difficult situation. Ask yourself, “What can I control? What can I change (and not change)? Do I have a choice?”

**R**espond: Practice responding from your deepest, wisest self while letting go of fear and worry about the past or future outcomes.

**R**eturn: Check in with yourself and bring yourself back to mindfulness and an awareness of the present moment with openness and curiosity.