

WWW.DE-STRESS.CA

Learn to **de-stress** and get
more out of living

Klinic
Community Health Centre

weather
?

environment
future

financial
employment

health

family
relationships



CASP/ACPS

When you're overwhelmed and feeling lost;

- Know that basically you are alright. Keep breathing.
- Focus attention on your breathing .
Hold attention on your breath. If you lose track,
gently bring your mind back to awareness of the breath.
- Notice any thoughts or emotions without judgment
or comment.
- When you feel ready, gently ask your wiser self
what you might need to do next.
- Ask for help.