

## When...

- You are frustrated
- You feel you have tried everything
- You are bored with your life
- People say you need to change
- You feel you've failed
- You have a bad habit

## Stop what you're doing

**DO THIS:** Shift your attention fully to your belly. Take at least two full, slow, deep breaths into and out of your belly. Then fill your mind with an image of someone you love. Hold the positive feelings that emerge in the area around your heart.

Ask yourself if the way you have handled the problem so far has worked. If it hasn't, ask the calmer part of you for a new solution.

*Source: Stress Free for Good: 10 Scientifically Proven Life Skills for Health and Happiness by Dr. Fred Luskin and Dr. Kenneth R. Pelletier*

