**Take Five Practice**

**1. Notice The Cue** – choose a cue in your daily life that reminds you to **Take Five** - can be anything

**2. Notice The New** – focus on something you weren’t paying attention to a moment ago – **step out of autopilot; engage 5 senses**

**3. Notice Your Body – awareness of your posture**

**4. Notice Your Breath – deepen breath; take 5 breaths**

**5. Notice The Now – respond to current situation – thoughts; emotions; body sensations – acceptance NOT resistance; open, non-judgmental**