REMAINING CENTERED AMID CHAOS

- Isolate two times in your day when things are most stressful.
- Just before these periods, find a quiet place where you can be alone.
- Sit comfortably, close your eyes, and pay attention to your breathing.
- After two minutes, sense into your body, slowly bringing your attention to the center of your chest.
- Should anything distract you, acknowledge it, then gently refocus on your breathing.