

A is for **AWARE** - notice the need for certainty as it comes up in your mind.

P is for **PAUSE** - don't react as you normally do, don't react at all, just pause and breathe.

P is for **PULL BACK** - say to yourself, 'this is my worry talking'. This desire for certainty isn't helpful and it's not necessary.

L is for **LET GO** - take a breath and as you breathe out focus on letting go of your need for certainty. Tell yourself this is only a thought or a feeling. Thoughts are not facts! They will pass and you don't have to do what you normally do - panic, start planning, etc. Imagine the thoughts floating away from you in a bubble.

E is for **EXPLORE** - explore the present moment, right now, you are okay. Notice your breathing, put your feet on the ground and feel the floor beneath you, notice what you can see around you, what you can touch, RIGHT NOW. Finally, shift your attention, make a choice to DO something else and give it your full attention.

