How Do We Recalibrate?



MEDITATION

Bringing Awareness to Everyday

S

STOP anytime you notice that you are distracted and engaging with pain body, pain speech or pain mind.

T

TAKE a deep breath and repeat as needed.

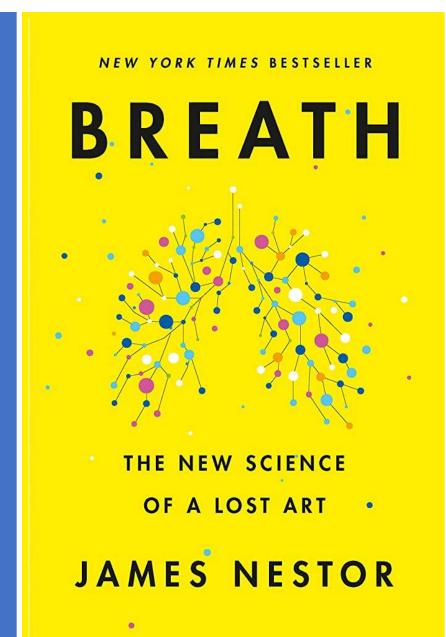
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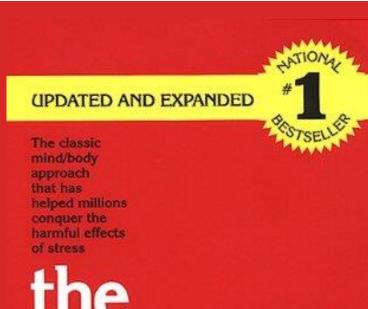
OPEN and observe how you feel; then choose a precious pill.

P

PROCEED coming from a place of stillness, silence or spaciousness.

Savor Your Experience





the Relaxation Response

by Herbert Benson, M.D.

The Mind/Body Medical Institute Associate Professor of Medicine, Harvard Medical School

with Miriam Z. Klipper