

A.P.P.L.E

A Mindful Response to Thoughts

Acknowledge

Notice and acknowledge the thought as it comes to mind.

Pause

Don't react as you normally do. Just pause and breathe.

Pull Back

Tell yourself that this is just your thoughts or feelings talking, and that it is only a thought or feeling
Don't believe everything you think! Thoughts are not statements or facts.

Let Go

Let go of the thought or feeling. It will pass. You don't have to respond to it. Image them floating away.

Explore

Explore the present moment. Notice your breathing. Notice the ground beneath you. What can you see, hear, touch, smell? Focus on the right now.

Then shift your focus of attention to something else - what you need to do, what you were doing before, or something new - with your full attention.