

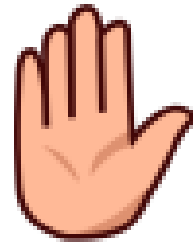
NEED A BREAK?

1. Ask for a break.

I am feeling _____

I am in the _____ zone.

I would like to use _____ and _____ tools.



2. Set the timer.



3. Use the tools and focus on your breathing.

4. When the timer is up, think:
How am I feeling now?



5. Return to your work.