

STOP PRACTISE DIARY

<i>What was the situation?</i>	<i>What was going on with you when you thought to take a breathing space? (body, mind and emotions)</i>	<i>What did you notice while you were doing the breathing space? (body, mind and emotions)</i>	<i>What did you notice after you did the breathing space? (body, mind, emotions and actions)</i>	<i>What did you learn?</i>

