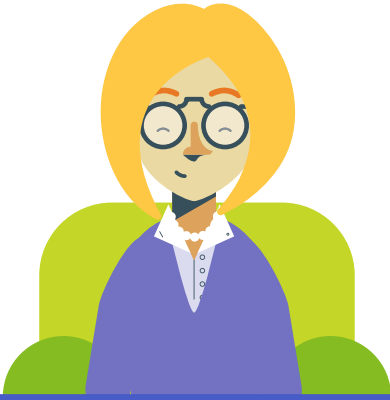


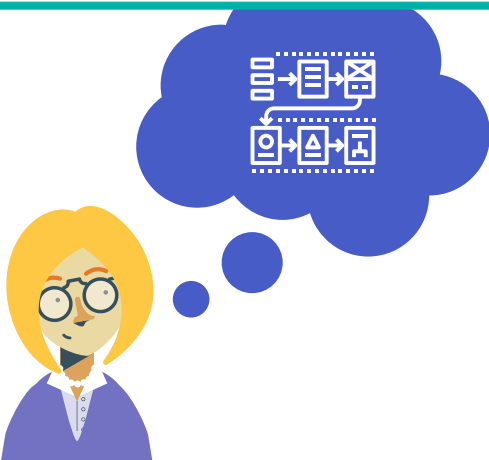
# 3 MINDFULNESS APPROACHES

## RELAXATION



The ability to achieve a state free of tension and anxiety.

## OBSERVING AND COGNITIVE DE-CENTERING



The ability to observe your thinking without being pulled into the content.

## STRESS INTOLERANCE



The ability to stay relaxed and composed when faced with difficulties. Having positive stress tolerance is being able to stay calm without getting carried away by strong emotions of helplessness or hopelessness.