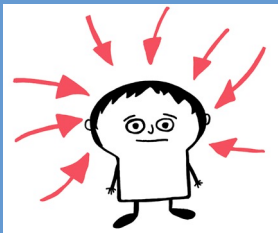


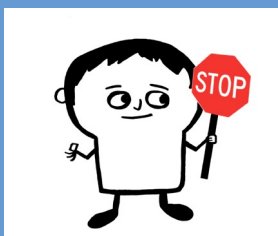
Meta-Moments



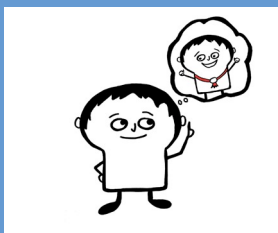
1. Something Happens



2. Sense



3. Stop



4. See your best self



5. Strategize



6. Succeed!

1. *Something happens*: We realize a trigger has set off an emotional response.
2. *Sense*: We recognize the shifts in our thoughts, body, and behavior.
3. *Stop*: We catch ourselves and focus on our breath to avoid being swept up by our emotions.
4. *See your best self*: We activate an image of our “best self” to change our mindset.
5. *Strategize*: We choose an effective emotion regulation strategy.
6. *Succeed*: We respond effectively.