



Everything  
Gently...

# Everything Gently Reminder

Feeling anxious? Overwhelmed? Impatient?

**STOP.**

▷ Take a short break.

**LOOK**

▷ Observe your situation. Give yourself some space.

**LISTEN**

▷ Listen to your inner dialogue. Take a few deep breaths and relax your muscles while repeating...  
*"Everything Gently..."*

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Resume your day with the intention of doing every aspect of life gently