**A PAUSE, A PRACTICE, A NEXT STEP**

# Mindfulness

Notice this moment with less judgment.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

**Choose one anchor**

Pick something neutral: a sound, the texture of a sleeve, or an object you can see. For a short first practice, use a few ordinary moments.

## 01 / Notice and reflect

Which anchor feels neutral or comfortable?

## 02 / Notice and reflect

What happens when I judge my practice?

## 03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Stop if mindfulness increases panic, flashbacks, or disconnection. Discuss those responses with your clinician; grounding, movement, or guided support may fit better.

Read more: NIH NCCIH · Meditation and mindfulness: effectiveness and safety

More tools and immediate support: Our Healing Room / Crisis Support.



U.S. crisis support: call or text 988. In immediate danger, call 911.