

# S.A.N.E.©

## **S - STOP**

Pause. Take a breath. Give yourself the time to regroup.

## **A - ACKNOWLEDGE**

Acknowledge that you are feeling overwhelmed and lost in this moment.

## **N - NORMALIZE**

Realize that everybody gets lost along the way.

## **E - EVALUATE**

What person, action, or self-care technique would be of help?