

## A Mindful Micro-Practice for Frustration

When you feel frustrated, angry, or annoyed with someone, silently recite the things you have in common:

This person is human, just like me;

This person makes mistakes, just like me;

This person wants to be happy, just like me.

Remembering our common humanity can help reduce conflict by putting the brakes on an urge to react.

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## A Mindful Micro-Practice for Criticism

Instead of finding fault with others, practice focusing your attention where you have power. When you feel tempted to criticize, turn your attention to yourself instead.

Pause.

Ask yourself: "What constructive thing could I do right now?"

Notice if anything in your mood or level of physical tension improves.

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# A Mindful Micro-Practice for Conflict

When tension arises, notice the physical sensations. Clenched jaw. Tightening in the chest. Racing heart. Quickened breath. Consider the thoughts generating those reactions: Does the story in your head match reality?

In times of stress, we often misinterpret the situation, setting us up to overreact in an unpleasant way. Mindfulness increases our situational awareness, giving us an opportunity to choose our response. Pause. Notice. Act.

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## A Mindful Micro-Practice for Self-Compassion

Consider how you would act toward someone you care about who is suffering—a friend, family member, colleague.

Now consider the difficulties in your own life and give yourself the same comfort and care you would offer a loved one.



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We care.

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