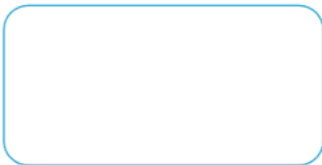
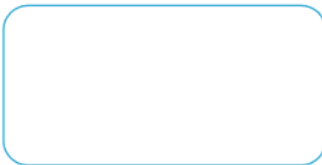
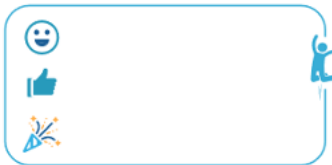





ASCEND Session 1: Settling Down

Thank you for your interest in ASCEND. Please note that there are two components: 1) learning brief self-compassion practices and 2) learning how to embed these into your regular daily routine using the “Tiny Habits” approach. If you are NOT familiar with “Tiny Habits”, before proceeding, please first review “ASCEND: Tiny Habits for Self Compassion, Getting Started,” which you can find on the ASCEND website.

Tiny Habits Recipe Card

Create a recipe for your new habit.

| | | |
|--|---|---|
| After I ... | I will ... | Then, I celebrate! |
|  |  |  |
| Anchor Moment An existing routine in your life that will remind you to do the Tiny Behavior (your new habit.)  | Tiny Behavior The new habit you want but scaled back to be super tiny - and super easy.  <small>Note: Feel free to revise.</small> | Celebration Something you do to create a positive feeling inside yourself.  |

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Tiny Habits© for Settling Down (don't forget to celebrate!)

- After stepping into the shower, I will pay attention to the feeling of the water on my body.
- After taking the first sip of coffee into my mouth in the morning, I will savor the tastes and feelings in my mouth.
- After stepping out of the house in the morning, I will take in the sights, sounds, and smells of the new day.
- After arriving at home from work, I will take a deep, relaxing breath.

Typically, in **clinic**

- After turning on the faucet, I will immerse myself in the experience of washing my hands
- After reaching the exam room door, I will stop to take a deep, relaxing breath.