

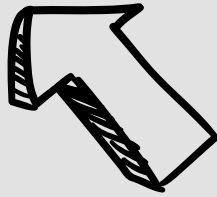
Be nice to yourself through Mind Hygiene™

Don't think about emotions, write about them

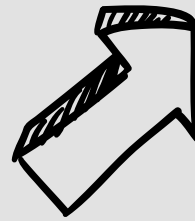
ACE Your Life with Mind Hygiene™

Accept Your Awareness
Communicate Your Compassion
Embrace Your Empathy

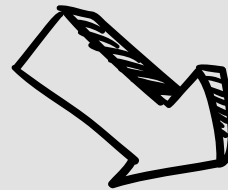
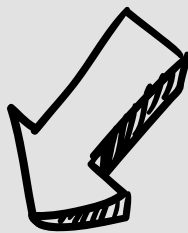
Compassion



Awareness



Event



Empathy

Soften

Mind Conditioning

Empower ACES

- **A**ccept your **A**wareness
- **C**ommunicate your **C**ompassion
- **E**mbrace your **E**mpathy
- **S**often and not harden

Disregard FACES

- **F**ix
- **A**nger (overcome)
- **C**ontrol/**C**ope with/**D**eal with
- **E**rase (block out)
- **S**trong

Action Steps

Start Simple. Choose one simple, achievable action step that aligns with addressing your challenge and fostering your desired outcome.

(Examples include writing your thoughts for 1 second, eating 1% less for 1 second and running fast for 1 second 😊.)

Remember, this is a process of continuous learning and growth. Be patient with yourself, celebrate your progress, and never give up on your pursuit of a happier, healthier, and more fulfilling life.

Always write about your emotions