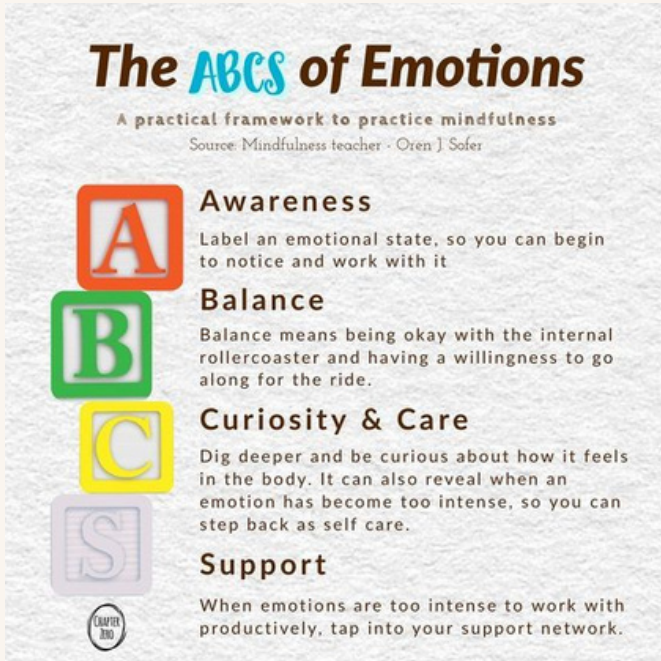


The ABCS of Emotions

“Pushing away unpleasantness or desperately clawing for a better experience actually feeds the power an emotion has.”

- Mindfulness teacher, Oren J. Sofer



A practical framework to practice mindfulness:

In the ABCS, the S stands for support system. As a caregiver with lots of responsibilities on your shoulder, having a support system is healthy & important - who is your support system?

Dr Charissa Ng shared with us in an interview that mindfulness is such a simple and yet powerful tool to build emotional safety and emotional resilience.

Click here for the full interview (1 min read) on the ABCS of mindfulness, which is a practical framework for how we can practice mindfulness easily and safely:

<https://www.mindful.org/the-abcs-of-emotions/>

To navigate the video with linked timestamps watch it on YouTube:

<https://www.youtube.com/watch?v=whc1RdMlpr0>

For full transcript, click here:

<https://drive.google.com/.../17czi5aeXZBOSPnNj1SN.../view...>

Additional links:

Mental Health First Aid Guidelines:

<https://mhfa.com.au/mental-health-first-aid-guidelines>

