

YCRC

YOLO CONFLICT RESOLUTION CENTER

**AN AWARE
RESPONSE TO
CONFLICT**

WHAT TO DO

FOR ADDITIONAL
ASSISTANCE CALL US:
(530) 564-2324:
(916) 692-9316

1ST

BREATH

**breathe in to the
count of 4**

INHALE

**hold your breath to
the count of 4**

HOLD

**breathe out to the
count of 4**

EXHALE

2ND

BODY

**notice what your
body feels like**

NOTICE

**notice where in your
body you are tight,
tense, or holding**

NOTICE

**breathe into areas of
tightness - breathe
out release**

BREATHE

3RD

KINDNESS

**let go of the notion
that something or
someone is wrong**

SEE REALITY

**suspend judgement
and give up criticism**

SEE REALITY

**be present to what is
actually happening**

SEE REALITY

4TH

COMPASSION

**recognize that this is
a difficult moment**

SELF-SOOTH

**offer yourself caring
and loving words**

SELF-CARE

**release the story lines
and connect with your
feelings**

SELF-COMPASSION

5TH

HUMANITY

**difficulty and pain are
part of the human
condition**

LOOK BEYOND SELF

**you are not alone; like
you, all people suffer**

CONNECT

**we are all connected
by shared human
experiences**

CONNECTED