

# The MONA Method™

## *A Guided Return to Yourself*

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### **M — Mind the Moment**

- 5 things you see
  - 4 things you feel
  - 3 things you hear
  - 2 things you smell
  - 1 thing you taste
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### **O — Oxygenate the Body**

- Inhale for 4
  - Exhale for 6
  - Let your breath slow everything down
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### **N — Name the Emotion**

- What am I feeling?
  - Where do I feel it?
  - What triggered this?
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### **A — Act with Intention**

- What do I need right now?
  - How do I want to show up?
  - Respond, don't react
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Come back to yourself... real happiness makes room for every emotion—and gives you the power to choose what comes next.