

Responding Steps for a Myg Moment

1. Describe your Myg Moment:

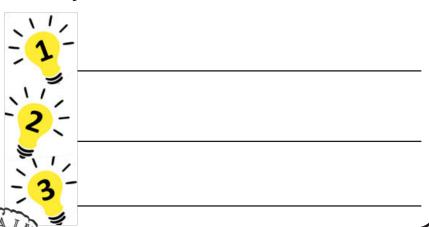


Pause



Breathe

3. Determine three options for what you could do:



4. Which is the best option? Why?

