**BOLD**

**Breathe:** Begin by taking time to ensure that you are breathing deeply. (You may want to count to 4 as you take an in-breath, hold for one 1 count and then release for count 8 counts, so 4,1,8). However by all means find a rhythm that works best for you.

**Observe:** Notice any physical sensations throughout the body from top to bottom, front to back and all over. What is key when you observe is that you simply notice, without judgement reaction or interpretation, allow yourself to simply notice.

**Listen:** Notice what thoughts flow through your mind, without any judgment, reaction or interpretation. Simply notice. You may imagine that your thoughts are like clouds which come and go passing in different shapes, forms and intensities.

**Decide:** Now that you have been breathing and have observed your body and mind. What decision would you like to make? Remember that there isn't just one choice, but many. Hopefully you will make a choice that takes into account your needs.

**\*Please note that this is an adapted version of BOLD. In other versions of BOLD “L” means “Lean in”, which means to reflect on what your values are and “lean” or move towards them. Values are what you feel is important in life, leaning towards them means moving in the direction that will bring you closer to your values.**