Stop, take a step back and pause.

Take a breath.

Breathe IN-hold-OUT

Observe how does your body feel? What thoughts do you have in your mind?

Pull back. Is there another way of looking at this?
**FACT**
Evidence to support its truth
Undisputable
Driven by rational thought
From the Head

**OPINION**
Based upon a belief or personal view
Arguable
Driven by and reinforced by emotion
From the Heart

#weareNHFT