



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



VS

# OPINION



Evidence to  
support its truth

Undisputable

Driven by  
rational thought

From the Head

Based upon a belief  
or personal view

Arguable

Driven by and  
reinforced by  
emotion

From the Heart

#weareNHFT