

## Tips for Integrating the Mindful Pause

### Morning Pause



**STOP:** Before getting out of bed.

**Breathe:** take 3 cleansing breaths to slowly wake the body and mind spirit.

**Think:** Set a positive intention for your day.

**Choose:** I move through my day motivated and inspired by my intention.

### Commute Pause



**STOP:** Before starting your car.

**Breathe:** take 3 cleansing breaths for body, mind, and spirit to anchor into present moment awareness.

**Think:** about all five senses.

**Choose:** I sustain present moment awareness as I drive...letting go of distractions, irritations, worries, or regrets.

### Mid-Day Pause



**STOP:** Set a reminder on your phone or computer sometime during your work day.

**Breathe:** take 3 cleansing breaths for body, mind, and spirit to come into present moment awareness.

**Think:** Lighten your heavy, multi-tasking mind.

**Choose:** Breathing in, I bring in peace. Breathing out, I let go of tension, distraction, and fatigue.

### Boundaries with Work Pause



**STOP:** When leaving your office or preparing for family to return from their day.

**Breathe:** notice the quality of your breath for 15 seconds.

**Think:** Does your breath reveal anything about your mood or energy level?

**Choose:** With each outbreath, I release attachment to my work. The work day is done. I allow each in breath to refresh me. I welcome time with family, friends, and community with ease.

### Sleep Hygiene Pause



**STOP:** Take time at the end of your day for self-care for good sleep.

**Breathe:** Allow your relaxation breathing to quiet your busy mind, body, and spirit.

**Think:** Take time to reflect on 3 things that went well today...and why.

**Choose:** I am deeply satisfied, grateful, and blessed.