

*Find a Pause for Well-Being – 5 Simple ways to find a pause, breathe, re-set and nourish yourself!*

**Three-Breath Break**

Pause several times during the day and bring your attention to your breath for three breath cycles. There is no need to change your breathing, simply notice your breath for the next three-breath cycles.

**Eat Mindfully**

See if you can eat one meal or snack per day without doing anything else. Try putting your fork down in between bites to really savor each flavor. Put away your phone or newspaper. Can you focus on your food or drink using all your senses?

**Practice Gratitude**

The opportunity to spend a few extra minutes in nature, to connect with someone in your home, noticing the sun shining – each moment matters. Take a pause and find things to be grateful for—and name them or write them down each day to cultivate your well-being.

**Drop the Story**

Much of our stress comes from the “story” we create in our minds about how things should be, how they will be in the future, or how they were in the past. See if you can notice when your mind is traveling beyond the “facts” and is creating a story. See if you can bring yourself back to the facts with the “three-breath break” or bring attention to your senses.

**Bring Attention to Your Senses**

Our sight, smell, hearing, taste and touch “senses” always reside in the present moment. Take a few moments and become aware of what you are sensing in each of these domains. Describe what you are experiencing to yourself in a few words and name them accordingly.



Reference: Neda Farzad Gould, PhD, “Bring Mindfulness to Your Day,” Johns Hopkins Medicine, <https://www.hopkinsmedicine.org/psychiatry/specialty-areas/mindfulness>.