

Mindful Moment

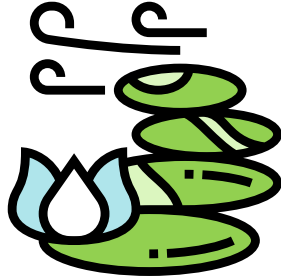


Take some time to pause and breathe. Use these stages to take a Mindful Moment and give your mind a break.

1. "Be still and Take Zen"

For 10 Seconds:

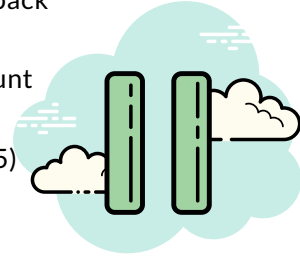
- Be still (arms by side, legs uncrossed, back straight)
- Deep breath in through your nose (count to 5)
- Exhale through your mouth (count to 5)
- Focus on remaining still



2. "Pause for a Mellow Minute"

For 60 Seconds:

- Be still (arms by side, legs uncrossed, back straight)
- Deep breath in through your nose (count to 5)
- Exhale through your mouth (count to 5)
- Repeat x 3
- Focus on the feeling of your chest expanding and relaxing
- Return to normal breathing but remain still for the last 30 seconds



3. "Have a Neutral Ninety"

For 90 Seconds:

- Be still (arms by side, legs uncrossed, back straight)
- You may wish to close your eyes
- Deep breath in through nose (count to 5)
- Exhale through your mouth
- Repeat x 3
- Focus your mind on the feeling of the chest expanding and relaxing
- Return to normal breathing but remain still for the remaining time, focus attention on the chest expanding and relaxing



4. "Just Be for Three"

For 3 Minutes:

- Be still - feet flat on floor (not crossed) hands by side or resting on lap
- You may wish to close your eyes
- Deep breath in through nose (count to 5)
- Exhale through your mouth
- Repeat x 3
- Focus your mind on the feeling of the chest expanding and relaxing
- Continue to breathe normally
- Maintain focus on rise and fall of chest



5. "Come alive for five"

For 5 Minutes:

- Be still - feet flat on floor (not crossed) hands by side or resting on lap
- You may wish to close your eyes
- Deep breath in through nose (count to 5)
- Focus your mind on the feeling of your chest expanding and relaxing
- Continue to breathe normally
- Maintain focus on rise and fall of chest
- If your mind begins to wander, just bring it back to the motion of breathing in through your nose and out through your mouth
- At the end of 5 minutes:
 - Open your eyes
 - Wiggle your toes and fingers
 - Roll your shoulders



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