

Inserting Purposeful Pauses into your day

@ Morning

Waking up – take 3 purposeful breaths
Brushing teeth
Showering

@ Commute

Putting keys into ignition
Driving in silence
Stoplights
Take a different route

@ Meal

Notice taste, smells, colors, and texture
Nourish the body - no reading, texting or TV– just eating
Walk the long way back from lunch

@ Work

Walk mindfully from meeting to meeting
Set password that reminds you to pause (T@keabr3ath; B3m1ndful!)
Pause before answering phone
Take a purposeful breath before responding to an email

@ Anytime

Washing hands
Touching a door handle
Seeing what is outside a window
Making eye contact with loved ones

@ Bedtime

Recall 3 things you are grateful for
Taking 3 purposeful breaths before falling asleep