

# Mindful Pause

## Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Throughout much of our lives, we move through habitual actions, chores, and activities without granting too much attention to them.

We are often caught up in 'doing' (even if that doing is in the form of 'thinking'), not commonly taking the time to pause and to be present. Making the conscious choice to invite momentary pauses into the day is a powerful practice that helps us to be present, to ease stress, to refocus, and to ground ourselves in our being.

### **PRACTICE:**

1. Make a commitment to pause at least three times during the day. You might set three alarms on your phone to remind you to pause.
2. When the time comes to pause (or when the alarm goes off), take a moment to stop what you are doing (so long as it is safe to do so right away). Put down your phone, your work, or anything else you are occupied with and take five slow and steady breaths. Note the sensations associated with each full breath.

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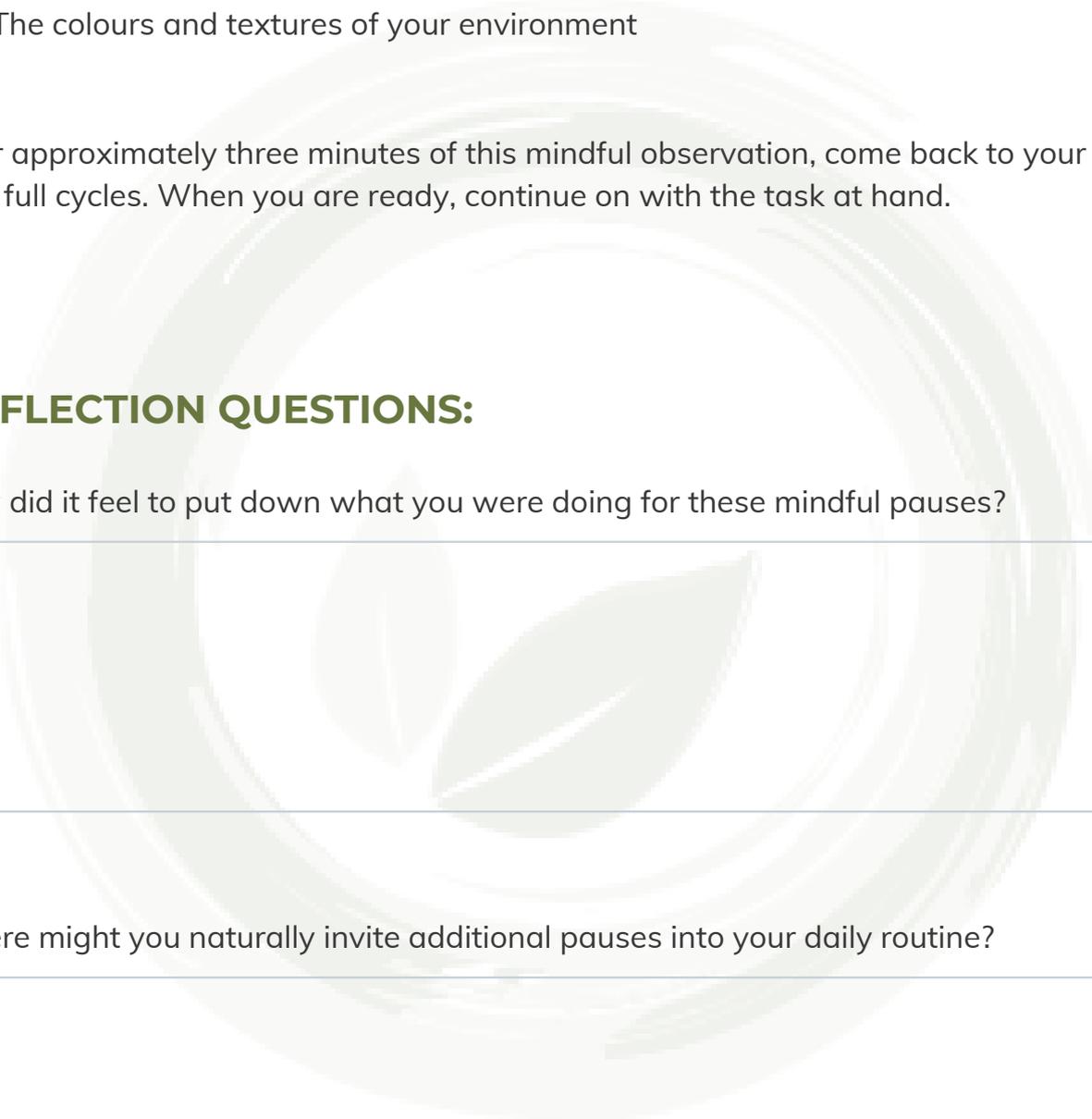
3. Broaden your awareness to notice, one by one:

- Any physical sensations that are present
- Any mood, feeling, or emotion that is present
- Any sounds that fill your ears
- The colours and textures of your environment

4. After approximately three minutes of this mindful observation, come back to your breath for five full cycles. When you are ready, continue on with the task at hand.

### REFLECTION QUESTIONS:

1. How did it feel to put down what you were doing for these mindful pauses?



2. Where might you naturally invite additional pauses into your daily routine?