

Practice the Pause™

A simple way to check in with yourself about what you are doing and how you are spending your time in any moment.

The Steps:

☑ **Pause.**

☑ **Take a deep breath and ground yourself.**

Notice with openness and curiosity how it feels to breathe and to be in your body right now.

☑ **Ask yourself:**

- What am I doing right now?
- What is the most important use of my time right now?
- Do I want to continue doing this or do something else?

☑ **DECIDE**

What you will do NOW and when you are ready, direct your attention and move into that activity.

Tips:

1. **Practice one time daily** in a quiet setting and see the difference.
2. **Once you've learned the steps, use them often to quickly ground yourself and make a clear choice about what you will do next.** Brief moments of paying attention will allow you to make choices that have a big impact on how you spend your time.
3. **Set up reminders to Practice the Pause™.** Here are some suggestions:
 - **Put a sticky note on your phone or bathroom mirror** that reminds you to practice.
 - **Place a small object on your desk or in your pocket** and practice whenever you notice it.
 - **Set up a couple of reminders** on your phone or watch.



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The Audio/Video version
is available [HERE.](#)