



## 1-minute *Take a breather*

### Count your breath

- **Inhale** 1-2-3
- **Pause**
- **Exhale** longer 1-2-3-4-5

### Aware of this moment

- What do you notice from all **5 senses**?
- What do you notice in your **body**? Tension? Holding a certain posture? Something else?
- Where are your **thoughts**? Past events? Future tasks?
- What are your **emotions** right now?
- **Name what you notice**. E.g. "This is fear." "This is sound."

### Let it be, let it go

- **Simply observe** whatever you notice, without trying to change it.
- Send yourself some kind and non-judgmental **self compassion** if this moment is a difficult one.
  - See if you can make space for whatever you are feeling to be there without making yourself wrong.
  - Remember that we all face difficulties in life sometimes; you are not alone. What would you say to a friend in the same situation?
- Think of something you are **grateful** for right now.

### Move mindfully

- Take a moment to **stretch your body** or stand up from your desk.
- **Move mindfully into your next task**, being truly present.

