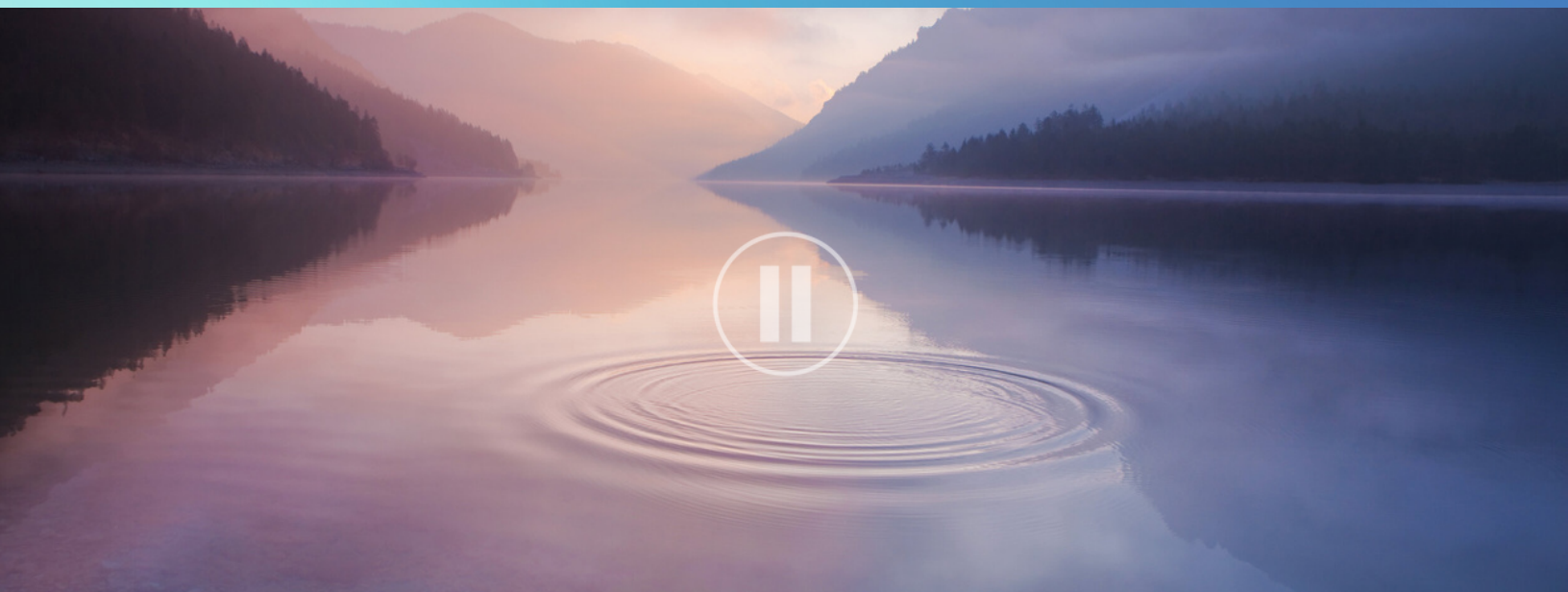


THE PAUSE METHOD

3 Minutes



The Pause Method™ 3-minute practice offers a subtle but profound shift in your awareness to help you access greater calm and skillful action in the midst of your day.

Schedule THREE 3-minute pauses on your calendar each day (we recommend spreading them out if possible, perhaps morning, midday, and early evening). Through repetition, these will help you train the habit of pausing, so it becomes second nature, especially in difficult situations.

- 1 PAUSE**
Get present + grounded. *Breath, Body, Sound*
- 2 OBSERVE**
Get curious with kindness. *What thoughts, emotions, and sensations are here?*
- 3 CHOOSE**
Take wise action. *Consciously relax, take slow belly breaths. Breathe in CALM, breath out EASE.*

Use the 3-minute recording in your toolkit until you get the hang of it, then you can guide yourself!

