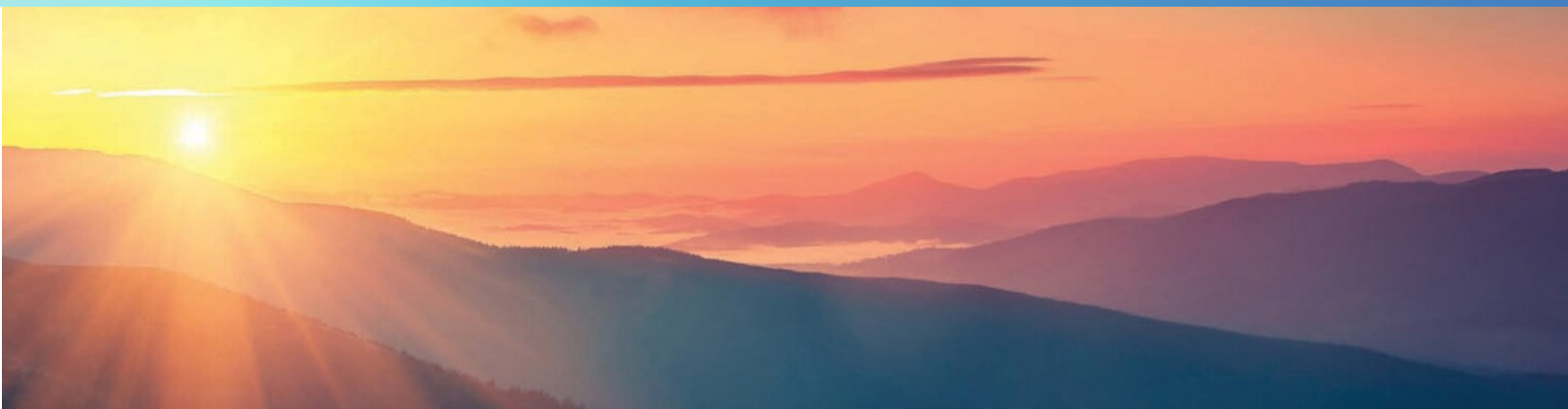


# PAUSE FOR CALM

## *1-Minute Practice*



**When you're feeling overwhelmed, reactive, or in survival brain mode, pause and try this one minute practice for CALM. This practice brings together two techniques that activate your parasympathetic (rest + digest) nervous system and induce the relaxation response in your body.**

You'll take 6 deep breaths while sequentially relaxing different parts of your body. On breath 1 as you inhale, become aware of your whole face. As you exhale, soften all of the muscles in your face. On breath 2, inhale and bring awareness to your shoulders. Exhale and invite any tension to melt out of your shoulders. Continue with the below sequence for each part of your body. On Breath 6 - inhale and become aware of your whole body. Exhale and consciously relax your whole body from head to toe.

