



## Taking a mindful pause

This is a simple practice to step out of automatically reacting, take perspective and respond

**P** Pause - *deliberately pause, adjust your posture to be more “dignified”*

**A** Aware of your experience

*Asking what is going on for me right now?*

*Aware of thoughts, feelings arising, accompanying body sensations*

**USE** Use your breath & respond

*Focus on the sensations of breathing in the abdomen – stay with the rise & fall*

*When you feel ready, reappraise taking a fresh perspective and respond*