

Daily Pause Checklist.

Below are different ways you can practice daily pauses. Aim for trying a daily pause at least once a day for the next seven days. If you already practice a daily pause, work up to doing one of these with more frequency, or add in a new type of pause.



Belly breath pause: sit or stand with both feet firmly on the ground and close your eyes if you are comfortable doing so. Place one hand on your diaphragm and slowly inhale, hold your breath, and slowly exhale. Count each inhale until you get to ten breaths.



Digital device pause: create a rule to limit or not engage with your devices for a limited time. Try not using devices when spending time with family or friends to reduce distraction.



Outdoor pause: go outside for a walk around the block. Invite a friend for this “nature” pause and explain its purpose and discuss what you experienced. Or better yet, go to a park or actual green space.



Sipping pause: sip a cup of coffee or tea without distractions. Practice following your breath or noticing what your cup and its contents look like, feel like, smell like, taste like.



Gratitude pause: for at least one thing today. Build your list up to ten things or set a timer for one minute and express gratitude for everything that comes to mind – the good, the bad, and the ugly.



Mindful awareness pause: while you do something else like brushing your teeth, eating, or walking.



Deciding to take a daily pause is an act of courage and self-care. If you already have a daily pause practice, journal about your experience or add more time to your existing practice. One study shows (2) that by writing about an emotional experience for two minutes a day, for two consecutive days improves mood and well-being.

References: 1 Goleman, Dan and Boyatzis, Richard. *What to do about Stress*. 2016.
2) <https://observer.com/2009/03/effects-brief-writing-health>.

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