



Stop and Notice Practices **Micro-Mindfulness Practices for grounding and recalibration.**

Our day can pass unnoticed and unfelt or in a state of fear and anxiety. Use these practices as a check in throughout your day. They are designed to bring you back into your body and elicit calm. Practice them often.

STOP

Smile – Focus on the breath and think about something that brings you joy and allow your face to break into a big smile. Even if it doesn't feel authentic at first, just plant a smile on your face.

Touch – Focus on the parts of your body that are touching other surfaces. Perhaps it is your feet on the ground or your back leaning against the chair. Can you sense tension in these places? Can you begin to soften and relax your posture?

One breath – Inhale deeply through your nose, hold the breath for the count of four, then release through your mouth.

Present moment – Bring your thoughts to this moment right now. Everything that has happened before this minute is in the past. There is no need to focus on it anymore. Set your focus on the next task, situation or place you are about to enter.

Stop and Notice your Breath

Stop and notice your breath. Breathe deeply and make sure that your outbreath is lengthy. The extended outbreath activates our body's natural calming response. Practice this type of breathing until it becomes a habit.

Stop and Notice:

Breathe

5 things you can see

4 things you can hear

3 things you can touch

2 things you can smell

1 thing you can taste

Stop and Notice

Breathe

What am I observing?

What am I feeling?

What am I needing right now?

Do I have a request of myself or someone else?

Stop and Notice

What is my focus?

What is working in my day?

What gives me joy?

What inspires me?

Is my self-talk kind?

How am I feeling?

Do I need to move my body?

Stop and Notice: Three Minute Breathing Space

First minute: notice your breath

Second minute: Notice any body sensations, physical stress tension, relax your body

Third minute: Notice any sounds around you

