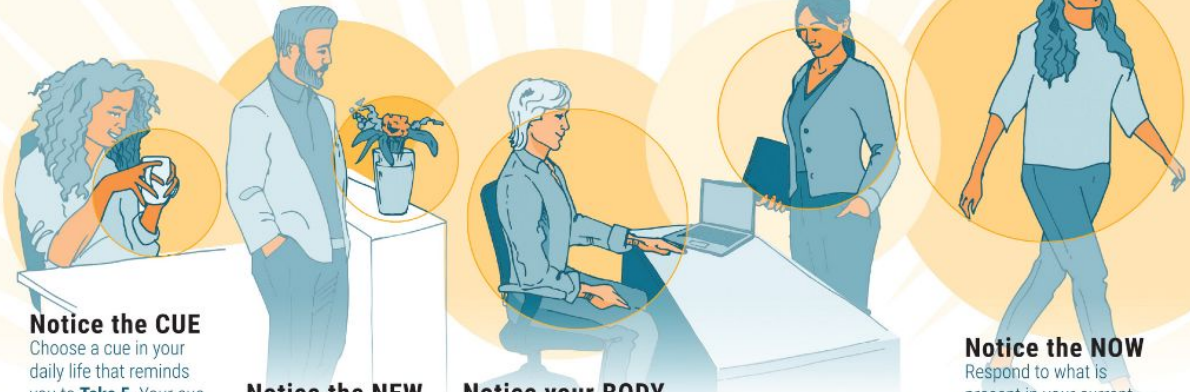


# Tools to Take 5



Use these tools in sequence or separately.  
Use them quickly ~5 seconds, or more deeply ~5 minutes



## Notice the CUE

Choose a cue in your daily life that reminds you to **Take 5**. Your cue can be anything: having a drink of coffee or water, seeing a specific person, sitting down at your desk. When you notice your cue, you flip the switch from mindless to mindful.

## Notice the NEW

Focus on something you weren't paying attention to a moment ago. Bring your attention out of autopilot and into your senses. Become aware of sound, taste, touch, smell or sight.

## Notice your BODY

Sitting or standing, bring awareness to your posture. Press into your feet, seat and hands while you lift and lengthen up the spine, roll back your shoulders and align your ears over your shoulders.

## Notice your BREATH

Begin with one complete breath, noticing the breath at the Belly, Chest or Nose. Lengthen and deepen the breath so each inhale and exhale is about 5 seconds. Now, take 5 breaths this way.

## Notice the NOW

Respond to what is present in your current situation and internal experiences (thoughts, emotions, body sensations) with a sense of openness, patience, and non-judgment. Now you are ready to take a wise step forward.

**Take 5: simple to do • fun • healthy • adaptable • personalized**