



Pause Key Fob

Sometimes we just need to take a pause when life gets difficult and allow ourselves a moment of clarity and choice.

The Pause key fob is easy and adaptable to use for yourself and to support others.

For each activity be aware of and follow the breath to maximise the effectiveness of the experience.

Don't force the breath, just breathe naturally and focus on the sensations created in your hands and body.

The written instructions for each activity are provided under the fob pictures.

You can simply use this document and work through the activities or why not make your own key fob by following the instructions below:

1. Print off pages 2 to 5 ideally on thin white card but ordinary paper will also work
2. Cut out each of the oval fob shapes and stick each pair together back to back
3. If you have a laminator you can laminate each shape to make your fob last longer but this isn't essential
4. Use a paper hole punch to make a hole at the top of each fob and fasten all of the fobs together in order, using a ring from a keyring or simply by threading some string through the holes.

This is what you are aiming to make:



Please note this is not a therapeutic tool and the suggested activities are already in the public domain. The George Group at St Michaels Hospice have worked together to develop a practical tool which we hope people may find helpful and enjoyable to use.

Key Fob 1 Front Cover



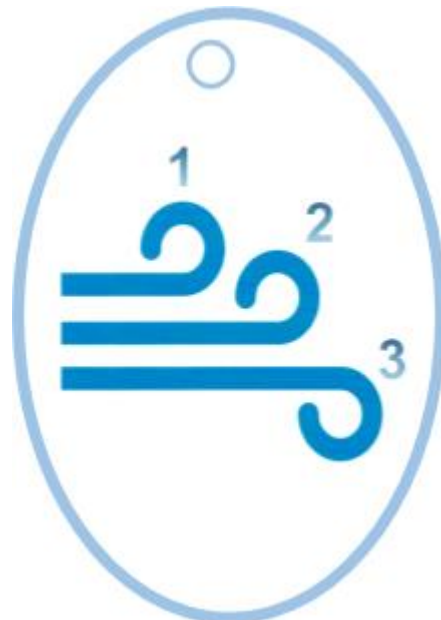
Key Fob 1 Back Cover



Key Fob 2 Front



Key Fob 2 Back



Fob 2: Keeping your shoulders relaxed, breathe in and out deeply 3 times. Really let go as you breathe out.

Key Fob 3 Front

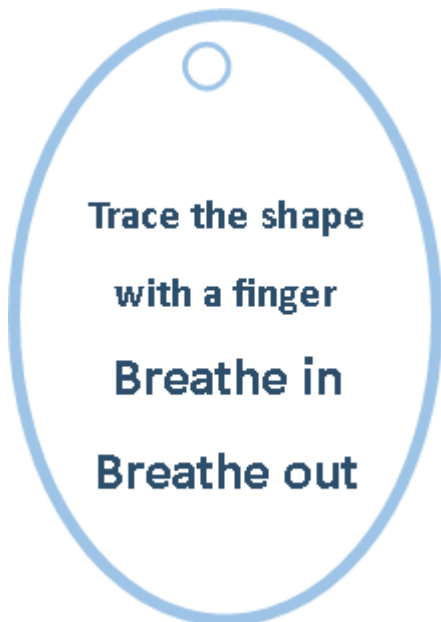


Key Fob 3 Back



Fob 3: Follow your breath as you trace your fingers breathing in as you go up and out as you go down. Continue as long as it's helpful but try to work at least 3 times on each hand. What do you notice? How does it feel?

Key Fob 4 Front



Key Fob 4 Back

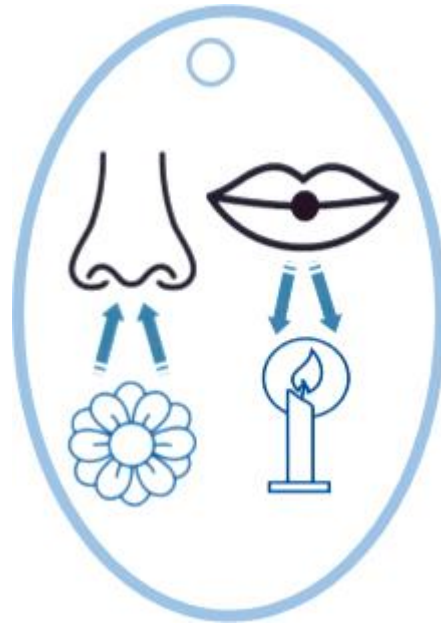


Fob 4: Trace a shape, breathing in as you go up and out as you go down. If you want you can play around with how you combine your breathing and tracing.

Key Fob 5 Front

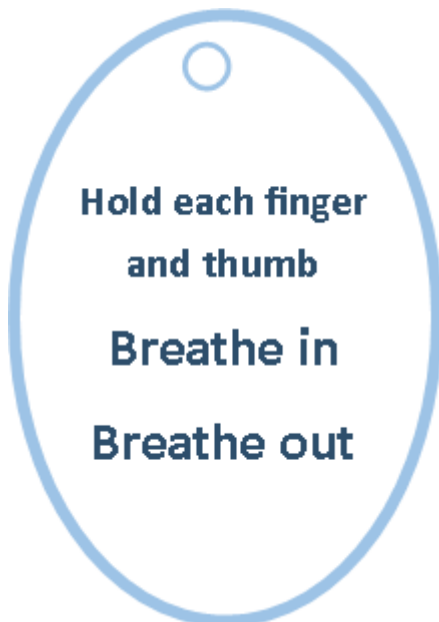


Key Fob 5 Back



Fob 5: Imagine smelling a flower as you breathe in and blowing out a candle as you breathe out. Make time to really imagine the flower and candle.

Key Fob 6 Front



Key Fob 6 Back



Fob 6: Using the opposite hand, make a fist and hold each finger/thumb. Hold for a breath in and a breath out. Repeat on each finger and each hand.

Key Fob 7 Front



Key Fob 7 Back



Fob 7: Breathe in and out as you make a fist. Use the breath in the way which best suits you and remember to follow the natural breath.

Key Fob 8 Front



Key Fob 8 Back



Fob 8: Touch your thumb and name 5 things you can see, touch your index finger and name 4 things you can touch continue following prompt on fob.