



THE PAUSE PRACTICE

A five minute somatic tool for navigating conflict

This simple, 5-minute exercise is designed to help you ground yourself and find clarity in moments of tension. It's perfect for centering your body, mind, spirit and emotions.



HOW TO BE IN PRACTICE

Pause, breathe, and be in the present moment

Pause and Notice Your Breath

Stop whatever you are doing and take a moment to observe your breath. Focus on returning to your natural breathing pattern.

Connect with Earth Energy

Notice how connected you are with the fortifying energy of the earth. Imagine a strong current of earth's stabilizing energy flowing up to you and providing stability, enrichment and inner calm.

Take Three Deep Breaths

Inhale deeply three times. On the inhale name what you want to invite into your being (peace, calm, awareness).

On each exhale breath out what you don't desire to be present (fear, tension, anger) .

Name Your Intention

Reflect on what you want to bring to the current situation or dynamic. Speak your intention out loud or to yourself

"my intention at this time is to bring ...(clarity, patience, resolution)"

WHY THIS WORKS

GROUNDING, EMOTIONAL REGULATION, AND CLARITY IN MINUTES

Grounds Your Body

- Anchoring energetically calms the nervous system.

Regulates Your Emotions

- Naming emotions helps you process them without judgment.

Centers Your Mind

- Focusing on intention creates a pause between stimulus and response.

WHEN TO USE THE PRACTICE

- Before a difficult conversation.
- In the middle of a heated exchange.
- After a triggering moment to reset your emotional state.

