

20 Ways to Pause in Your Day

Discover everyday opportunities to re-center and feel more present, calm, and refreshed.



- 1 Start your day with a few mindful breaths.** Before getting out of bed, take a minute to focus on your breath, so you can create a calm, clear mindset to take on your day.
- 2 Tune into your senses when you shower.** Feel the water on your skin, the sound of the stream, the smell of the soap, and be fully aware of the experience of getting clean.
- 3 Be present while brushing your teeth.** Notice the sensations of the brush against your gums, the scent of the toothpaste, and your movements as you brush.
- 4 Take mindfulness with you on your commute.** As you drive, note the sensations of your body in motion, take an inhale and exhale each time you come to a stop sign, and observe your surroundings.
- 5 Stop to really listen.** As someone is talking to you, give your full attention to what they're sharing.
- 6 Stop and savor your food.** While eating, notice the flavors, textures, and aromas of your meal.
- 7 Create breathing space when stressed.** Take two minutes to notice your thoughts and feelings without judgment. Then focus on your breath to anchor yourself in the present.
- 8 Get mindful reminders.** On your phone or computer, set reminders to stop, breathe, and bring your attention to the present.
- 9 Tune in while working out.** Notice the sensations in your body as it moves, stretches, or strengthens.
- 10 Get present during household tasks.** Whether washing dishes, sweeping the floor, or folding laundry, pay attention to the movements, textures, and sounds involved.

- 11 Take a beat between tasks.** Pause, breathe, and let go of residual thoughts from the prior task so you can approach the new one with a clear mind.
- 12 Step outside and connect with nature.** Step into a park or garden, or simply observe the sky or trees around you. Tune in to the sounds and sensations of the natural world.
- 13 Notice when you're on autopilot online.** When scrolling through a feed or news, stop and note how your body and mind feel. What do you really need at this moment?
- 14 Take a daily digital pause.** Turn off all screens and notifications for a short while. Let yourself breathe and fully enter the present moment.
- 15 Check in with your five senses.** Ground yourself in the present by identifying one thing you can see, hear, smell, taste, and touch.
- 16 Take two minutes for a stretch or yoga pose.** Make it mindful by paying close attention to the sensations in your body.
- 17 Pause to connect to gratitude.** Slowly inhale and exhale. Then, notice three things you appreciate right now.
- 18 Go on a mini mindful walk.** Bring your attention to your feet touching the ground and the rhythm of your movement and breath.
- 19 Do a brief body scan.** Scan from head to toe, noting any areas of tension. Imagine breathing into those areas, creating room for ease.
- 20 Take a mindful pause at bedtime.** Notice the emotions, thoughts, and experiences of your day without judgment. Allow yourself to let them go and prepare for rest.

