Mindful Pause Guide

A small ritual for moving from one task or moment to the next.

S · Stop

Pause for a few seconds before opening the next tab, meeting or task.

T · Take a breath

Take one comfortable inhale and a slightly longer exhale.

O · Observe

What tension is present in the body? What emotion is here? What thought keeps repeating? You do not need to solve it.

P · Proceed

Choose the smallest concrete next step. A useful pause ends in clarity, not perfection.

A few lines to write

Right now I notice: _____
I can release: _____
My next step is: _____