



Pausing for PEACE

It's easy to get caught up in the momentum of life and feel like you don't have time to pause. But it's important to challenge this feeling and incorporate this essential skill into your life. When you do, you will discover that it will actually help you be more productive, perform better, and enjoy life a whole lot more! Remember the study we touched on in the video of the 36,000 employees? The most productive 10 percent took regular breaks—about one every hour. And it is worth noting that the one thing they didn't do during that time was spend it in front of a screen! And here's another study worth briefly noting: the top-performing world-class athletes were the ones who slept over eight hours a night and rested more in between trainings!

Often the hardest part is just remembering to pause. Here are a couple of suggestions that can help:

- Instead of scheduling appointments back to back, actually schedule in "a meeting with yourself" a few times a day.
- Download an app like Insight Timer or set a timer on your computer, phone, or watch to chime once an hour and use it as a mindfulness bell that reminds you to pause or take a break.

Once you have remembered to pause, what you do with it can be really simple: 4,8 breathing for 10 counts, doing a shakeout, taking a long lunch, or unplugging from digital devices for a day. What matters most is that we install the healthy habit of doing it regularly.

P.E.A.C.E. is a simple five-step process that will help you do just that.

Pausing for Greater P.E.A.C.E. in Your Life

P: Pause for a moment + break free from the momentum of being in "go" mode.

E: Exhale. Take a couple of deep breaths, bringing your attention to the feeling of your breath coming in and going out.

A: Acknowledge how you are in this moment. Mindfully check in with your three centers—body, heart, and head. How are you physically? Emotionally? Mentally?

C: Choose. Based on your 3-Center Check-in, choose how you are going to care for yourself. What would be helpful and nourishing right now? 4,8 breathing? A five-minute guided meditation? A Mindful Walk? A short nap? A shower or bath? Something playful? Calling a friend? A healthy snack? Other?

E: Engage in following through on giving that gift to yourself.