



STOP and Notice 3

- ❖ Press Pause – stop fueling thoughts with energy and start noticing
- ❖ Notice 3 things you can see (really take in the colors- be curious) and notice your breathing
- ❖ Notice 3 things you can hear and notice your breathing
- ❖ Notice 3 things in your body – e.g. your seat, feet being supported by the chair ground, arms legs...
- ❖ State: “I am here” and continue to take in the present moment through being aware of your external senses (body (touch), sound, seeing, smell, taste)

Tip: Label the things you see, hear and feel – make a conscious note of them. If thoughts come to mind just label them as 'thought' or 'mind'.