The Power of the Pause

Improving Your Wellbeing Through Mindfulness

Research indicates that writing by hand as you learn or create offers cognitive benefits that typing does not. When we write by hand, our brains are better able to store and process information. Enjoy some old-fashioned hand writing!

ACTIVITY #1: IDENTIFY YOUR IMPORTANT WELLBEING CHALLENGE.

Identify one component of your health or wellbeing you want to improve. What specifically would you like to be doing differently?

ACTIVITY #2: IDENTIFY YOUR TRIGGERS.

What internal or external triggers am I mindlessly reacting to that are keeping me stuck or preventing me from making this change?

ACTIVITY #3: PRACTICING THE PAUSE.

When and where do I need to practice pausing so I can respond more effectively? In the moment of pause, what will I do to "help" myself make the choice that is in my best interest?