

1. Mindfulness Script – 3-minute Pause Practice (Berit Lewis)

Welcome to this 3-minute pause practice which can be done wherever and whenever you like.

So, we begin by simply pausing – maybe imagine that you are pressing a **pause button** – stepping out of your busy life for a minute. Taking a seat or simply standing still. Closing your eyes if that feels comfortable or simply gazing at a spot in front of you.

Allowing yourself to be simply here right now. Tuning into the body; feeling the body sitting here or standing here. So what/s happening in the body right now? Perhaps doing a quick scan through the body to pick up any physical sensations – they might be pleasant or unpleasant – just noticing.

And what thoughts are going through your mind right now? What is the mind doing? Is it planning, thinking, worrying? Perhaps giving the thought names and seeing them arising in the mind and letting them go.

And are there any emotions present. Maybe the emotions can be felt in the body somewhere?

And now I invite you to bring your attention to the sensations of breathing. Wherever this is most vivid for you in this minute. It could be in your belly maybe, chest, in the back of the throat or maybe your nostrils. Just sitting or standing, noticing the sensations of breathing for a few moments.

Following the natural breath as it enters the body and leaves the body

And don't worry if your mind wanders off somewhere. Simply notice where it went and then bringing you attention back to the breathing

And now expanding the awareness and feeling the breath in the whole body. Getting a sense of the whole body sitting or standing breathing in this moment.

And then maybe asking yourself, how do I want to continue this day? Responding to the challenges of the moment with a wider field of awareness. Maybe also asking yourself, what can I do to be kind to myself?

And as this practice is coming to an end, slowing starting to bring movement into the body again.

Opening your eyes and carrying on with the day. Remembering that you always choose to return and do another pause practice during the day. By doing regular pause practices you are destressing your body and training to mind to be more present, aware and focused. This gives you a wider perspective on life and you will be able to responds in a better way to life's challenges.

2. Mindfulness Script – adapted Pause Practice with Body Scan (approx. 10 mins)

We are going to have a mindful pause which you can do whenever and wherever you are and at any time of the day during work. You can do this sitting at your desk or standing. Just take a few minutes to press the pause button.

Find a comfortable spot sitting or standing. Allow your feet to feel grounded. Feel the earth beneath them. Feel your back – if against a chair then let it come forward, so it is free – shoulders resting on your spine so your pose is relaxed yet attentive at the same time. You can close your eyes or keep them open gazing at a spot in front of you.

Taking a few deep breaths, all the way down into the belly. And this is the signal to your body and mind that you are stopping and stepping away from busy doing mode and allowing yourself just to be.

So for the next few minutes you have nothing to do; nothing to be achieved; nothing to be fixed or done in a certain way; no to do lists; no meetings to attend; *no learning; no coaching*. You are choosing to be and know that it is our own choice to do so. We are deliberately calming down our nervous system this way.

So, bringing your attention to your breath – how and where do you feel it? Knowing that there is no right and wrong way to breathe. Noticing how it feels naturally. Is it short and fast in your upper chest or low and slow in your lower chest or somewhere in between? Bring your attention to the physical sensations and your breath enters and leaves your body.

And now bring your awareness to your feet on the floor. How do your soles connect with the ground below? And slowly bringing your attention up your body. Notice the sensations that are present – your lower legs, your knees, upper legs, your hips. Just notice any sensations. Is there discomfort or comfort? Tightness? Any pain or pleasure? Be open to whatever you notice without judging or analyzing it.

Now moving further up your body; your lower back, your belly, your chest. What do you feel here if anything? And if your mind wanders as you are doing this, gently bring your attention back to your body. Now to your shoulders, your arms, your hands, fingers. Any sensations? Then to your neck, your throat, your head, your face?

And what thoughts are going through your mind right now? What is the mind doing? Is it planning, thinking, worrying? Perhaps giving the thought names and seeing them arising in the mind and letting them go.

And are there any emotions present. Maybe the emotions can be felt in the body somewhere?

Now expand your awareness back to the body as a whole and feel your breath in your whole body. Getting a sense of the whole body sitting or standing breathing in this moment.

And then asking yourself, how do I want to continue this day? What would be a mindful choice when responding to the challenges of the moment with a wider field of awareness. Maybe also asking yourself, what can I do to be kind to myself? And what do you need to say to yourself to do this?

Now slowly bringing movement into your body again. Noticing the sounds around you, pressing your feet to the floor and gently fluttering open your eyes or unfixing your gaze and gently stretching and bringing yourself back to the presence of this moment.

3. Mindfulness Script – adapted Berit Pause Practice with FACE COVID

(Adapted Russ Harris sections from FACE COVID in bold)

Let us take a pause **for a moment during this strange situation we all find ourselves in**. Maybe imagine that you are pressing a pause button or **dropping an anchor like a boat in a storm**. **When there is confusion and uncertainty all around fear and anxiety are inevitable; they are normal natural responses to the challenging situations, often infused with anger and uncertainty. And while it is completely natural to get lost in worries and concerns, whether for our families, our friends, our community, our country and what might happen, it is not useful or helpful. Indeed, the more we focus on what's not in our control, the more hopeless or anxious we're likely to feel. So, the single most useful thing that anyone can do in this crisis is to focus on what's in your control. You can't control what happens in the future; you can't magically control your feelings. But you can control what you do –here and now. And that matters.**

So let us take a pause to be present right now. Taking a seat or simply standing still. Closing your eyes if that feels comfortable or simply gazing at a spot in front of you. Allowing yourself to be simply here right now. And now I invite you to bring your attention to the sensations of breathing. Wherever this is most vivid for you in this minute. It could be in your belly maybe, chest, in the back of the throat or maybe your nostrils. Just sitting or standing, noticing the sensations of breathing for a few moments. Following the natural breath as it enters the body and leaves the body.

And what thoughts are going through your mind right now? What is the mind doing? Is it planning, thinking, worrying? **Silently and kindly acknowledge whatever thoughts are 'showing up' inside you**. Perhaps giving the thought names and seeing them arising in the mind and letting them go. And don't worry if your mind wanders off somewhere. Simply notice where it went and then bringing you attention back to the breathing.

And are there any emotions present. Maybe the emotions can be felt in the body somewhere? **And know that your thoughts and emotions are normal and natural body responses to challenging situations. Taking the stance of a curious scientist, observing what's going on in your inner world. And as you do this, it is often helpful to put these thoughts and emotions into words so they don't build up into emotional storms or unhelpful thoughts spinning in our heads. For example 'I'm noticing anxiety', or 'here's loss', or 'that's my mind worrying', or 'I'm having the feeling of sadness', or 'I'm having thoughts about getting sick'.**

Tuning into the body; feeling the body sitting here or standing here. So what/s happening in the body right now? Perhaps doing a quick scan through the body to pick up any physical sensations –

they might be pleasant or unpleasant – just noticing. **Feel your feet on the floor, maybe your back against the chair or standing there, stretching your arms or neck; maybe pressing your finger tips together.** And now expanding the awareness and feeling the breath in the whole body. Getting a sense of the whole body sitting or standing breathing in this moment. Connecting with your body, and knowing that you are in control of your body and your physical actions even though you cannot control your feelings. Remember – focus on what is in your control

And now engage with where you are; focus your attention on the present moment. Maybe notice 2 or 3 things that you can hear; notice what you can smell or taste, notice 3 or 4 things around the room or place you are in.

And then maybe asking yourself, how do I want to continue this day? Responding to the challenges of the moment with a wider field of awareness. Maybe also asking yourself, what can I do to be kind to myself?

And as this practice is coming to an end, slowing starting to bring movement into the body again. Opening your eyes and carrying on with the day. Remembering that you always choose to return and pause again during the day.

By doing regular pause practices you are destressing your body and training to mind to be more present, aware and focused. You can use this to handle difficult thoughts, feeling, emotions, memories, urges and sensations; switching off autopilot and engaging in life; grounding and steadying yourself in difficult situations, and the better you anchor yourself in the here and now, the more control you have over your actions.