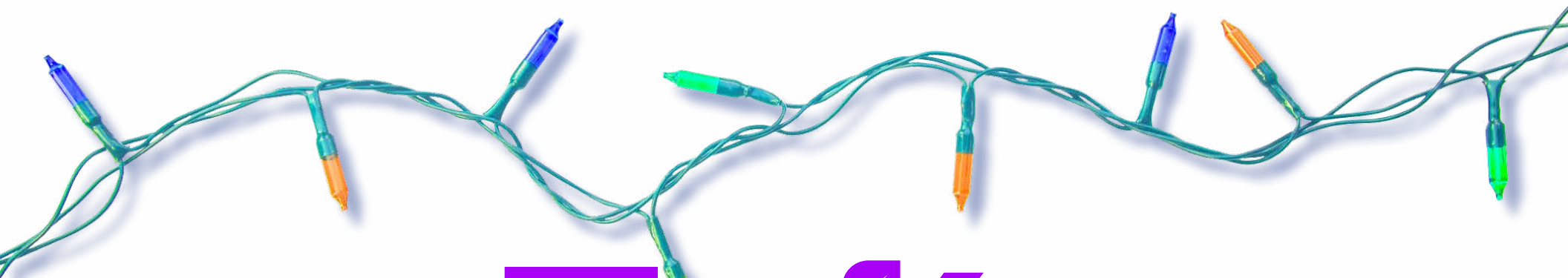




The
POWER
of the
PAUSE

Thrive



Thrive

Moments are the building blocks of a satisfying life. Those moments include messages from your soma that can be tense feelings or peace and serenity. The embodiment of your mind, body, spirit, emotions and nervous system, the soma is a contributor to the way you live your life.

In this fast-paced life, we often live to get things done and just do, do, do, often rushing through conversations, barely listening or connecting with others. Then we get so many messages coming at us from billboards, radio, TV, streaming, and social media trying to tell us what we need or must do. It is time to find the power of pause: the ability to slow down and live life more presently and mindful — just be.

PAUSE DURING HOLIDAYS

Halloween costumes are barely put away when your mind goes into holiday-rush mode. Thoughts of planning holiday meals and hosting family and friends begin to swirl in your head. Not to mention the house to decorate, presents to wrap, cards to mail, parties to attend, and, of course, the shopping!

In the rush to get everything accomplished, it is common to lose your connection with the present moment – how you feel and think about what is around you right now. Life has become so future-focused that we sometimes miss out on the little things that make life beautiful as it is:

- A compliment from a stranger.
- A warm smile from a child.
- A beautiful sunset.

We pause on Thanksgiving Day to remind ourselves of what we are thankful for, when in fact the reminders are there every day. You just have to notice.

Practical suggestions on how to be mindful each day:

- » Find a quiet place without interruptions; close your eyes and focus on breathing for a few minutes. If thoughts race in, let them race out and go back to focusing on your breathing.
- » Spend a few minutes writing down five things you are thankful for each day; try not to repeat.
- » Talk a walk outside and focus on your senses. Notice colors and sounds. Examples would be colors of trees or a brown building, identifying a horn honking or hearing birds singing.
- » Play with kids such as blowing bubbles and have them watch silently as they float around the room or outside.

PAUSE BEFORE SPEAKING

The right word may be effective, but no word was ever as effective as a rightly timed pause.

– Mark Twain

When you lead a hectic life, you may react immediately to any issue or person that you have contact with, especially when it's something you don't agree with or understand. Being overly emotionally reactive can cause you to say and do things that you'll regret. Reacting often hurts others and creates consequences we never intended.

Great listeners are masters of the pause. They respond thoughtfully rather than saying something that they can't take back. Pausing enables you to navigate carefully when engaged in difficult conversations.

Tips on pausing:

- Recognize the trigger – Notice when sensations are building inside of you.
- Mentally pause – As if hitting that button on the remote.
- Take a deep breath – Getting a quick hit of extra oxygen to your brain helps you compose your thoughts and brings you into the present moment.
- Observe – When interacting with people, just hold off and listen; allow yourself to simply observe the thoughts that pass through your mind.
- Press play – Now you're ready to act. Mindfully. Giving yourself even a few extra seconds before reacting can make a difference.

Remember, press pause to rewind and make a good choice, and then press play to continue in a better way.

RESOURCES

[The Power of the Pause: Nancy Scannell](#)

[The Power of the Pause: Tim Tompkins](#)

[The Power of the Pause: Jennifer Oaten](#)

tinybuddha.com/blog/think-before-reacting-use-mental-pause-button/

