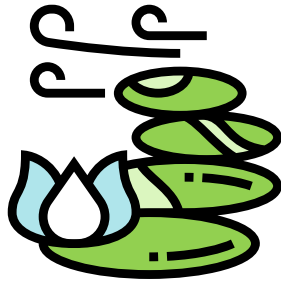# Mindful Moment

yes! FUTURES

Take some time to pause and breathe. Use these stages to a Mindful Moment and give your mind a break.

1."Be still and Take Zen"

For 10 Seconds:
- Be still (arms by side, legs uncrossed, back straight)
- Deep breath in through your nose (count to 5)
- Exhale through your mouth (count to 5)
- Focus on remaining still
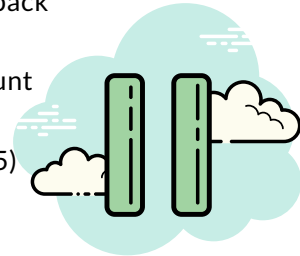
2."Pause for a Mellow Minute"

For 60 Seconds:
- Be still (arms by side, legs uncrossed, back straight)
- Deep breath in through your nose (count to 5)
- Exhale through your mouth (count to 5)
- Repeat x 3
- Focus on the feeling of your chest expanding and relaxing
- Return to normal breathing but remain still for the last 30 seconds

3."Have a Neutral Ninety"

For 90 Seconds:
- Be still (arms by side, legs uncrossed, back straight)
- You may wish to close your eyes
- Deep breath in through nose (count to 5)
- Exhale through your mouth
- Repeat x 3
- Focus your mind on the feeling of the chest expanding and relaxing
- Return to normal breathing but remain still for the remaining time, focus attention on the chest expanding and relaxing

4. "Just Be for Three"

For 3 Minutes:
- Be still – feet flat on floor (not crossed) hands by side or resting on lap
- You may wish to close your eyes
- Deep breath in through nose (count to 5)
- Exhale through your mouth
- Repeat x 3
- Focus your mind on the feeling of the chest expanding and relaxing
- Continue to breath normally
- Maintain focus on rise and fall of chest

5."Come alive for five"

For 5 Minutes:
- Be still – feet flat on floor (not crossed) hands by side or resting on lap
- You may wish to close your eyes
- Deep breath in through nose (count to 5)
- Focus your mind on the feeling of your chest expanding and relaxing
- Continue to breath normally
- Maintain focus on rise and fall of chest
- If your mind begins to wander, just bring it back to the motion of breathing in through your nose and out through your mouth
- At the end of 5 minutes:
  - Open your eyes
  - Wiggle your toes and fingers
  - Roll your shulders