

Slow Down & Calm

A mindfulness practice for everyday overwhelm

Slowing down is not a luxury — it is a skill. This practice helps you create a pause between stimulus and response, which is the space where all choice lives.

THE STOP PRACTICE

A 2-minute reset you can do anywhere, any time:

S — Stop

Whatever you're doing, pause. Put down what's in your hands. Stop the internal narrative for a moment.

T — Take a breath

One slow, deep breath. Inhale for 4 counts, exhale for 6 counts. Just one is enough to begin a shift.

O — Observe

Notice what's happening right now — in your body (where is tension?), in your mind (what thoughts are present?), in your emotions (what feeling is here?). Just observe.

P — Proceed

Continue with more awareness. You haven't fixed anything — you've created a gap. That gap is everything.

THE 3-MINUTE BREATHING SPACE

From MBCT (Mindfulness-Based Cognitive Therapy):

Minute 1 — Awareness

Ask: 'What is my experience right now?' Notice thoughts, feelings, body sensations. Name them without judging: 'There's anxiety.' 'There's a tightness in my chest.'

Minute 2 — Gathering

Gently redirect all attention to the physical sensation of breathing. Follow each inhale and exhale. When the mind wanders, quietly return.

Minute 3 — Expanding

Expand awareness outward — from breath to body, from body to room, from room to the wider world. A sense of spaciousness. From here, choose what comes next.



Do no harm. Take no shit.

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MINDFUL DAILY ANCHORS

Choose one daily activity and do it with full attention:

- Your first cup of tea — smell it, feel the warmth, taste it fully
- Walking between rooms — feel your feet on the floor
- Washing your hands — the temperature, the sensation on your skin
- Looking out a window for 60 seconds — light, movement, colour

Mindfulness isn't about emptying the mind. It's about noticing what's in it — without being pulled under by it.