Stay in a Mindful Zone with the Take 5 Mindfulness Tool

1. Notice the Cue
   Use cues in your environment to remind you to Take 5.

2. Notice Something New
   Respond to your cue by shifting your attention to notice something novel that you were not paying attention to a moment ago.

3. Notice the Body
   Now, move the spotlight of awareness to your body. Feel the contact points in your feet and/or hands, while you lift and lengthen up the spine.

4. Notice the Breath
   Begin with one complete breath. Then, deepen and lengthen the breath. Finally, take five breaths this way.

5. Notice Now
   Respond to what is present with openness, nonjudgement and patience. Now you are ready to choose a wise step forward.

- Use anywhere, at anytime.
- No need to stop what you are doing.
- Nobody needs to notice.

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