

A USEABLE PAUSE

Waiting in the *car*

A short meditation for the moments spent waiting in a car, outside a school, before going in to work, or after a long drive.



1

Notice the stillness

30 SECONDS



Feel the shift from moving to sitting still, or from stillness into what's next. Let your body register the change.

2

A few slow breaths

30 TO 60 SECONDS



Breathe slowly, in through the nose, out through the mouth. Nothing to count, just settle.

3

One honest question

30 SECONDS



Ask yourself, what do I need right now. Let whatever answer comes be enough.

4

A gentle return

30 SECONDS



Turn your attention to what's next, at your own pace, rather than all at once.

WHEN TO USE IT

Any time there are a few unplanned minutes in a parked car.

WHY IT HELPS

It's easy to treat this time as dead time. It's actually a genuine, useable pause, if you choose to use it as one.

This works just as well for five minutes as it does for one.

— One breath at a time is enough. —

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