

# Take 5

## Stay in a Mindful Zone with the Take 5 Mindfulness Tool

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

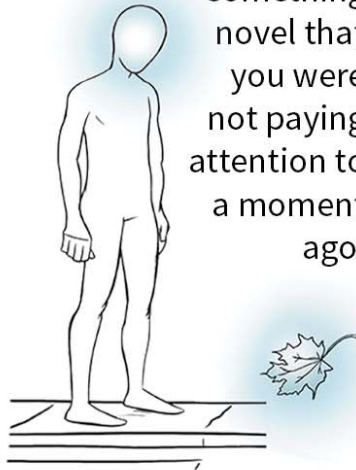
### 1 Notice the Cue

Use cues in your environment to remind you to Take 5



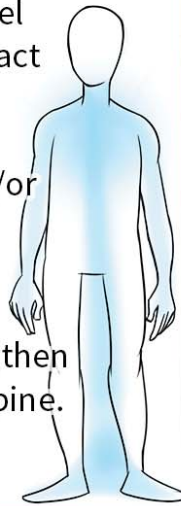
### 2 Notice Something New

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



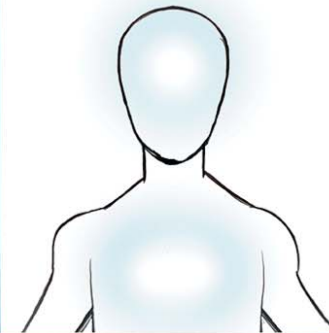
### 3 Notice the Body

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.

