



The
Jewish
Board



Reset and Refocus: 3 Ways to Pause

Have you ever had a moment when you felt **anxious, cluttered, or overwhelmed** and just needed a little help taking a pause? We all have.

Give yourself a chance to step out of that feeling with these three “reset and refocus” exercises. You can use them at home, in class, on the go, or anywhere else that you find your mind running away from you. Practice them when you are already feeling calm or relaxed so that you know how to use them in those stressful moments when you really need it.

1 Take it Slow

- Breathe in through your nose, slowly and intentionally
- Breathe out through your mouth, exhaling a little more slowly than your inhale
- Repeat two more times (or as many as you need!)

Optional: Add a “mantra”, a word or short phrase that has meaning to you, to your breaths. You can use an example from Jewish wisdom, such as the Hebrew word “*Hineni*”, meaning “Here I am”. On your inhale, think “*Hineni*”, and on your exhale, think, “Here I am”.

2 Right Now I...

Complete the following statements:

- Right now I’m feeling...
- Right now I’m noticing...
- Right now I need...

Optional: Draw attention to the fact that you’re taking a much-needed moment to focus yourself with a final “right now I am thankful to myself for...”

3 Box Breathing

Calm your mind and body by focusing on steady, equal breaths.

Simply inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds, and hold again for 4 seconds, tracing each step along the sides of a box.

