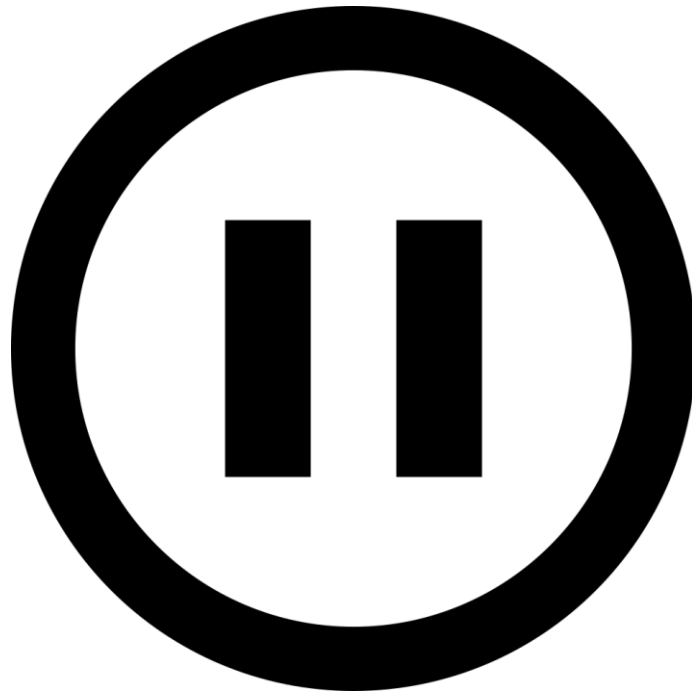


# Pause



*‘Sometimes you need to press pause to let everything sink in.’* Sebastian Vettel

- Sit quietly and focus on your breathing. Be aware of the air entering and leaving your lungs and how this affects the rest of your body.
- Give yourself a hug and take a few more deep breaths.
- Check in with yourself and ask how you’re doing. Acknowledge any positive or negative feelings, without dwelling on them.
- Choose to love yourself and accept yourself just as you are.

Choosing to pause and practise a simple mindfulness technique like this can have surprising benefits for our mental health. It may not be a quick fix, but in time it can help us be more in tune with ourselves and our real feelings.