

# Pause and Stretch: A Mindful Reset for Your Body and Mind

Take a 30-minute break to release physical tension and reset your mind through mindful movement and intentional pauses. This session blends gentle stretching with simple mindfulness practices to help you restore balance in the middle of your day.

Through guided exercises and practical tips, you'll learn how to use the body as an anchor for attention, relieve stress, and cultivate greater presence, even in a busy workday.

This session invites you to slow down, tune in, and walk away with accessible tools you can use anytime you need a reset.

## Learning Objectives

- Understand the principles of mindfulness and how they relate to our body
- Experience mindful stretching as a way to relieve tension and reconnect with the present moment
- Learn simple, practical ways to bring mindfulness into your daily work life

## Content Outline

### What is Mindfulness? What Does it Mean to Stretch Mindfully?

- Understanding Mindfulness and its Facts
- Why mindful movement matters
- *Reflective question: "How often do you take a mindful pause in your day?"*

### How to Practice Mindful Stretching: A Guided Experience (15 minutes)

- *Reflective question: "Where do you feel the most tension right now?"*
- Warm-up with Mindful Box Breathing
- Guided Progressive Muscle Relaxation Exercise
- Guided Mindful Stretching Practice
- *Reflective question: "How did your body feel after the practice?"*

### Integrating Mindfulness into Daily Life

- *Reflective question: "Common challenges in staying mindful at work"*
- Learn practical tips to address those challenges and practise mindfulness regularly