

# moments of pause

A HOW TO GUIDE



Being still  
is so  
counter-  
cultural  
in a world  
that's always  
moving.

---

Anna Kettle

# about

---

This guide is designed to help you learn to prioritise those **small moments of pause** in your every day life.

It's a short, super-practical and includes 10 simple rules to help get you started.

# benefits

---

Practising small moments of pause regularly really can add up to some big changes, including:

- More clarity of thought
- Better decision-making
- Better creativity
- Better productivity
- Better communication with others
- Less hurry
- Lower stress levels
- Greater peace of mind
- Better mental health

Pause

=

<<

>>

# 10 simple ideas

---

## 1. Pause little & often

Seek out small moments of pause throughout your day. But make it manageable. Take 5 minutes here, 10 minutes there. Begin to form a habit...

## 2. Pause between tasks

Plan a short break between each meeting, task or activities - even if it's just to make a drink or take toilet break. It helps your brain to process.

# 10 simple ideas

---

## 3. Prioritise pause whenever you can

Resist the urge to make every moment efficient. For example, if you're at home with small kids, take time for yourself during their naptime. That laundry load can wait!

## 4. Pause & move

Take a short walk. Step outside & get some fresh air in your lungs. A change of scene can be a great way to re-boot, even if it's just a 10 min walk around the block.

# 10 simple ideas

---

## 5. Pause & be present

If you have a few moments of downtime, resist the urge to pull out your phone & scroll. Choose to be present with your thoughts instead. Try listening to God & what he might want to say...

## 6. Pause over food

No matter how full your day, always try to make time for preparing & eating food. Eating nourishes our bodies & minds, but it's also a great reminder that we're human - not machines!



# 10 simple ideas

---

## 7. Pause & notice beauty

Pause to really look for the beauty that's all around you. Try to notice, linger & savour. Slowing our gaze for even just a few moments really can slow the hurry in our soul.

## 8. Pause & breathe

If you feel stressed/frustrated with something, try to step away for a few moments to calm down & recenter. Take a few deep breaths. Use the space to ask God for help.

# 10 simple ideas

---

## 9. Pause to celebrate

Before you rush onto the next task or chore, always take a small moment of pause to celebrate a task completed or job well done – however small it might seem.

## 10. Pause & reflect

Try to grab a few moments to pause & be still, perhaps at the end of your day. Sit quietly in God's presence to reflect back, journal or pray.

Be still  
& know  
that I am  
God.

---

Psalm 46:10

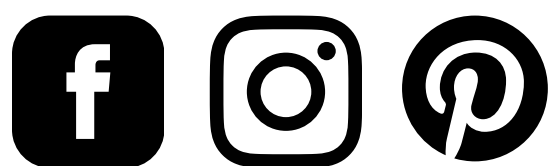
# be inspired!

---

For more inspiration,  
simply search on social media  
using the hashtag  
**#smallmomentsofpause**

Why not join the conversation?  
Simply snap & share your own  
reflections.

**#smallmomentsofpause**  
**@annakettlewrites**



# author info

---

Anna Kettle is a published author, speaker & an award-winning marketing & PR professional.

Her first book, 'Sand Between Your Toes: Inspirations for a Slower, Simpler, More Soulful Life' was published earlier this year.

You can download FREE sample pages & sign up for her monthly emails for more slower living tips at: [www.annakettle.com](http://www.annakettle.com)