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WELLBEING QUICKSTART

The 60 Second Pause...



There are many wonderful strategies in the world of meditation and mindfulness to promote healing, recovery, insight and growth - however many of these cannot be used as quick fixes for reducing mental clutter in the midst of still needing to stay focused on the task at hand.

The 60 Second Pause is my favourite 'go to' strategy both proactively and reactively to create space in my mind for personal growth. It is a quick way to provide me with a sense of grounding in the present moment. A way for me to turn off the background noise in my mind or tune out the static interference. A way for me to close all the open tabs or background apps running in my mind - clearing away the clutter and creating a mental space to be able to be completely present and focused on my personal growth.

In this Psychology & Wellbeing Update I want to share with you three of my personal favourite forms of the 60 Second Pause – maybe you could practice them and see which one/s resonate most for you?

- **60 Seconds of Silence** – this is as simple as it sounds. You simply step away from whatever you are doing (or stay where you are but bow/ tilt your head away from what you were just focused on - closing eyes is optional) and set a timer for 60 sec and sit quietly observing yourself with no need to change anything but simply sit quietly until the time is up. Then with the 60 seconds of silence completed you can return to the task at hand.
- **60 Seconds of Stillness** – this takes things one step further by focusing on keeping your body still - not to the extent of applying physical tension but rather to the point of relaxation and observation of any parts of your body that may be tense or jittery - noticing and accepting these sensations with no need to change anything but rather just observing them until the 60 second timer is up and you can return to the task at hand.
- **60 Seconds of Sensation** – this runs a little differently to the others. In this 60 second pause you are intentionally shifting your focus around from what you see, feel, hear, smell and taste moving through a cycle of: 5 things I can see, 4 things I can feel, 3 things I can hear, 2 things I can smell and 1 thing I can taste. In this exercise you simply engage with the process (and repeat if time is available) until the 60 second timer is up and then return to the task at hand.



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