



P A (U) S E

- FOR FIVE -

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the power of five

connect to thrive

part of our **Pause for five** series

“When we get too caught up in the busyness of the world, we lose connection with one another – & ourselves.”

Jack Kornfield

We all think we know how to take good care of ourselves - eat your veggies, work out and try to get enough sleep.

But how many of us know that social connection is equally as critical? Survey results have shown that social participation is the most significant difference you can make towards high levels of wellbeing today.

A photograph of a meeting room with a yellow wall. Several people are seated around a table, looking at documents. A large teal arrow-shaped graphic points to the right, containing white text. The background is slightly blurred.

Practicing mindfulness within a small group of like-minded individuals can **increase our feelings of happiness, security, belonging and self-worth.**

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing. While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis. Whenever you bring awareness to what you're directly experiencing via your senses, or your thoughts and emotions, you're being mindful.

A woman with long dark hair and glasses, wearing a teal top, is sitting and gesturing with her hands as if in conversation. In the background, several other people are visible, some looking towards her. The scene is set in a bright, modern indoor space with large windows.

Spending time with positive people can improve your own psychological wellbeing, and sharing positive experiences gives us a chance to help and support others, as well as receive emotional support for our own resilience.



Like any activity, when performed as part of a group, we are more likely to motivate one another. Having others present during a mindfulness session can boost our resolve and provide a sense of **‘we are in this together’**.

Protecting your Power of 5 time by committing to a day and time gives you a moment in a busy week to focus on you and **foster, nurture and build a sense of connection. It just takes a little courage and a spirit of adventure.**



Connect to Thrive – **Get Started:**

1 | Agree a day and time as a group when you will pause and focus on your wellbeing

2 | Walk and Talk. Get away from your desk, get some fresh air and talk about anything from the weather to what's for tea.

3 | 5, 4, 3, 2, 1. To increase your awareness and ground yourself in the present moment, list five things you see, four things you hear, three things you feel, two things you smell,

To explore more mindfulness resources visit

icecreates.com/pause-for-five

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We'd love to hear how 'Pause for five'
has made a difference in your
workplace or community.

You can share your story or find out more
about partnering with ICE by emailing:
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