

POWER in the PAUSE



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Mindfulness is important because if we don't learn to control and manage our thoughts and emotions, they'll control and manage us. We think we are in control, but we're not. It doesn't matter if it's a huge bear lumbering towards us in the forest, or someone we love criticizing our behavior. When we feel a threat of any kind (rejection, criticism, fear of failure, pain, humiliation, or loss), our body

takes over and prepares for the fight/flight/freeze reaction to protect us. We DON'T think because we CAN'T think. The connections to the thinking part of the brain are blocked. That's why people in emotional conversations become so irrational. It's impossible to communicate with them because they aren't able to think rationally. Their brains have been hijacked. This is when we behave badly, make poor decisions, and say or do things we later regret.

The point of mindfulness is to learn how to pay attention to what is going on in our minds and then learn to manage our thoughts and emotions so that we can pay attention to what we want, when we want, and for however long we want. We learn to pause (do nothing) and give ourselves time to manage those emotions and make decisions rationally; decisions that are in our best interest.

The POWER is in the PAUSE.



Use the "cootie catcher" to talk about emotions - in the heat of the moment or later during dinner. It helps to look at the descriptions of various emotions and talk about what kinds of situations might make us feel that way. Labeling one's emotion is a big step in feeling like you are more in control and helps to diffuse a strong emotion long enough to calm down and take that very important pause that allows us to think about what we really want, and how best to respond.



FRUSTRATED
Feeling dissatisfied or discouraged due to obstacles.



ANGRY
Feeling, or expressing, anger or strong resentment.



HAPPY
Feeling joy, pleasure, or contentment.



ANXIOUS
Emotional distress or unease from fear of harm or misfortune.



EMBARRASSED
Feeling humiliation, shame, or uncomfortably self-conscious.



SAD
Feeling unhappily or grief, sorrowful, mournful.



ENVIOUS
Feeling of desire for something that someone else has.



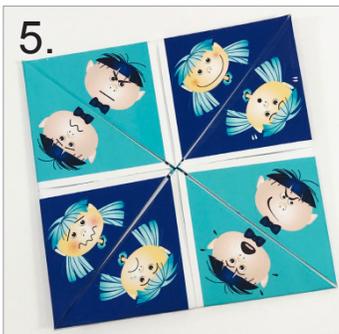
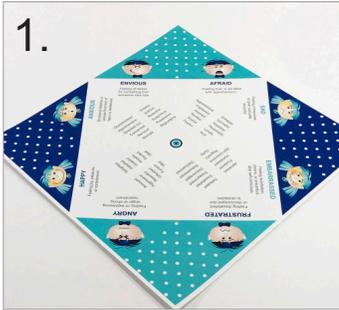
AFRAID
Feeling fear; to be filled with apprehension.

- Defeated
- Dissatisfied
- Disappointed
- Discouraged
- Disheartened
- Disillusioned
- Ashamed
- Flustered
- Humiliated
- Self-conscious
- Regretful
- Guilt
- Unhappy
- Sorrowful
- Hopeless
- Pessimistic
- Lonely
- Hurt
- Apprehensive
- Frightened
- Alarmed
- Terrified
- Scared
- Fearful
- Begrudging
- Possessive
- Suspicious
- Resentful
- Jealous
- Greedy
- Glad
- Excited
- Hopeful
- Grateful
- Satisfied
- Delighted
- Mad
- Furious
- Offended
- Resentful
- Aggressive
- Annoyed



Instructions for POWER in the PAUSE

MATERIALS NEEDED: For this project you don't want to use the Staples 48 lbs. Professional Business Paper by HP that we usually recommend. It is too thick. Regular paper or something a little heavier (up to 35 lbs.) will work better because of all the folds. You'll also need scissors, a glue stick, and a table knife to crease folds.



1. Cut out the artwork on page 3, leaving an 1/8 inch of white around all sides. It's important that the four sides are the same so that everything lines up when folded.

2. Fold the two navy triangular sections inwards as shown in image #2, making sure to fold along the edge.

3. Fold the aqua triangular sections in the same way, and then crease the four folds with the smooth edge of a table knife.

4. Turn the square of artwork upside down and fold one triangle (with two faces), as shown in image #4, towards the dot in the center.

5. Fold the other three triangles in the same way, making sure that no section overlaps another. Crease all four folds firmly with the table knife.

6. Fold the artwork in half as shown in image #6 (top), then open it up and fold it in half the other way. Crease both folds firmly with the table knife.

7. Now fold the same square diagonally in both directions as shown in image #7. Crease folds.

8. Pull open the dotted flaps and slip your thumbs and forefingers into each opening to begin using.

9. Cut out the two 3-square sections of artwork on page #2, just inside the dotted outlines.

10. Glue together the two pieces using the blank tab (image #10), leaving the dotted line visible.

11. Fold the artwork in accordion style (image #11), crease folds and put under a heavy book to flatten.

