Pause for Practice: 4-5-6 Self-Compassion Pause
- Inviting in Calm

The 4-5-6 Self-Compassion Pause is a way to help Self-Regulate by returning to center after celebrating a success, or when something does not go as anticipated. It adds a focused soothing phrase that when used with a calm breath returns us to the important and loving place of understanding and support.
You can use any soothing phrase for this pause.

Close your eyes

_Breathe in through your nose for a count of four repeating to yourself “I have done my best”._

_Hold your breath for a count of five._

_Breathe out for a count of six repeating to yourself “Now, let go of the rest”._

_Repeat two to three times._

_Invite them back into the room and open their eyes._

**Facilitator Note:** The important part of this exercise is that the exhalation takes twice as long as inhalation.