

OCEAN RITUAL

YOUR FREE WELLBEING RESOURCE

The 5-Minute Wellbeing Pause

A gentle moment to notice your needs
and choose one useful next step

Wellness, Made a Ritual

Five minutes, with room to adapt

BEFORE YOU BEGIN

Choose a familiar, comfortable place. Keep eyes open if preferred. You do not need to breathe deeply, close your eyes or focus on body sensations. Do not use this pause while driving, operating equipment or when it would interrupt safe supervision.

ONE MINUTE / NOTICE YOUR SURROUNDINGS

Name three neutral details you can see, or notice a comfortable sound. If this feels unsettling, choose an ordinary familiar task instead. There is no need to feel calm.

ONE MINUTE / IDENTIFY A PRACTICAL NEED

Ask: do I need food, a drink within my healthcare advice, a quieter space, information, help or rest? Choose one need without trying to solve everything.

ONE MINUTE / REDUCE A DEMAND

Put aside one optional task or silence one non-essential alert if useful. Keep necessary safety messages and care responsibilities protected.

TWO MINUTES / CHOOSE A NEXT STEP

Take a small action: prepare a question, ask for help or rest in a supported position. Stop if the activity increases discomfort or distress. A 30-second version is simply noticing one detail and choosing one next step.

My pause, my choice

Short notes are enough. Skip any prompt or use a notebook.

WHERE A PAUSE COULD FIT

Example: after closing my laptop or before a routine task.

A NEUTRAL DETAIL OR FAMILIAR ALTERNATIVE

ONE PRACTICAL NEED AND A SMALL NEXT ACTION

WHAT WAS USEFUL, NEUTRAL OR UNCOMFORTABLE?

I can repeat, adapt or skip this practice.

Seven gentle check-ins

Optional: use any seven days, with no streak or catch-up requirement.

A pause can help you notice a need; it cannot remove an unreasonable workload or replace professional care. Leave rows blank whenever useful.

CHECK-IN 1 / DATE _____

Need noticed: _____ Next step: _____

CHECK-IN 2 / DATE _____

Need noticed: _____ Next step: _____

CHECK-IN 3 / DATE _____

Need noticed: _____ Next step: _____

CHECK-IN 4 / DATE _____

Need noticed: _____ Next step: _____

CHECK-IN 5 / DATE _____

Need noticed: _____ Next step: _____

CHECK-IN 6 / DATE _____

Need noticed: _____ Next step: _____

CHECK-IN 7 / DATE _____

Need noticed: _____ Next step: _____

Make it your own ritual

KEEP IT MANAGEABLE

Repeat only what helps. Adapt to your energy, disability, responsibilities and existing healthcare advice. These tools are not tests of wellbeing, productivity or recovery.

EXPLORE A LONGER GUIDE

For more guided daily activities, explore Find the 30-Day Nervous System Reset Programme in the programme collection on the Ocean Ritual website. Choose the support that fits your needs; no further purchase is needed to use this free resource.

WHEN MORE HELP IS USEFUL

If stress, low mood or anxiety persists or affects daily life, speak to a GP or qualified professional. New or concerning physical symptoms need assessment. UK: NHS 111 for urgent non-emergency advice; 999 for immediate danger or an emergency. Elsewhere use local services.

SOURCES AND USE

Background: NHS, Get help with stress.

nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/.

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