



Season 1 | Episode 5: Distraction Detoxing & Pauses

A guided companion for pausing, noticing what your body and mind have been carrying, and reflecting on what you may need now.

TOOL #1 | INTENTIONAL SENSORY DEEPENING

Go outside today, engage your physical senses, and be highly intentional about your surroundings.

Bring a pair of headphones to listen to deeply relaxing, restorative sounds. Avoid high-stimulation genres like rock, rap, or techno for this specific exercise.

Utilize the custom meditation song list playlist curated on Spotify: **'Peaceful Hideaway'**

Link: <https://open.spotify.com/playlist/37i9dQZF1DX4fQhfyVRsHW?si=84964f3e781b430c>

Listen closely to capture individual layers: the sound of running water, or different ambient tones harmonizing together. Sit still or incorporate a light walk. Be deeply curious with what you see to build a healthier dopamine outlet.

YOUR REFLECTION:



TOOL #2 | THE 5-MINUTE PURE PAUSE

For the next 5 minutes, commit to a complete digital and sensory pause:

- Put your phone completely away—physically out of reach in another room.
- Turn off the TV. Turn off all background music.
- Sit in the stillness and notice: *What do you feel? Where do you physically feel it?*
- What specific emotion is hiding directly underneath your constant urge to grab your phone or distract yourself?

Notice how many times your mind tries to break this awkward moment of pause. Document your experience below.

YOUR REFLECTION:
