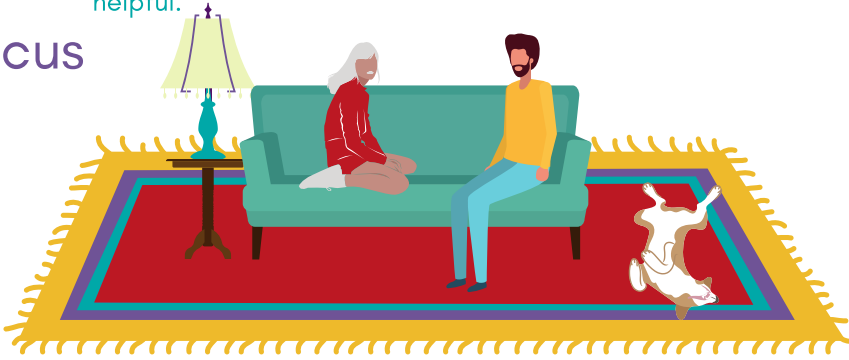


Short exercises to refocus

Seven Circles can be a lot. We get it. Momentary breaks can help you regroup and refocus; below are some ideas for taking quick, mindful breaks. You can decide if you want to take the break together or on your own. Both options can be helpful.



Breathing exercises.
Focusing on your breath
can be very grounding.
Spend a few minutes just
breathing/taking some deep
breaths.

Share a
snack
together.

Quick massage.
Take a minute to massage
your partner's shoulders and
vice versa. You can also
give yourself a hand or
foot massage.

Gratitude practice.
Face each other and
name 3 things you're
grateful for in the
moment.

Pet your pet.
Take a few quiet minutes
to give some love to your
pet and you know
they'll give you love
right back.

Light a candle
and focus on the
flame for a few
minutes.

Exercise break.
Take a walk around the
block together...or do some
jumping jacks, pushups,
stretches, or make
it a dance break!