



# Develop a Habit of 10 Seconds

“an integral rule for relationships so we urge you to start practising”

## 'The Practice of 10 Seconds'

'The Practice of 10 Seconds' is a habit of self reflection. A simple, gentle and powerful practice that some call a mini mindful meditation. It can be done anywhere, anytime and nobody knows you're doing it. 'The Practice' itself empowers you to pause and invite peace, calm and ease into any chosen moment, **one breath at a time.**

Imagine being able to create a shift in your state of being, especially when you feel a trigger that causes you distress. In that moment there is potential to instantly create ease and calm. When practised regularly this becomes a skill, a habit and a **way of being**, allowing you to automatically tap into it when needed.

Communication  
Honesty  
Appreciation  
Respect  
Trust

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**CHART™** that is a good way to begin and continue conversations for lasting change. Those five qualities represent and guide us to maintain and enhance healthy and happy relationships. Let's make **CHART™** non negotiable in all our relationships.

Let 10 SECONDS and CHART™ be the first fundamental tools in your toolbox.

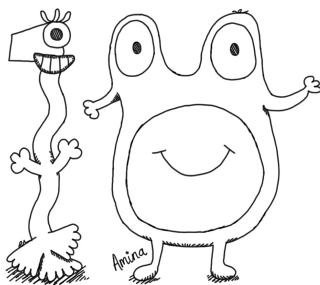
Annan Boodram, President at The Caribbean Voice speaks about the value of 10 Seconds. “I suffer from high blood pressure and when I do my test every day; if I find that it’s not what it should be, I do something that my wife told me about a while back. Now Natalie has given it a name - 10 seconds.

What I do is I close my eyes and I do the breathing. I find that my body becomes calm, my heart rate drops especially if it’s rising and when I test myself again my blood pressure is normal again. So this is a positive sign that it works!

Growing up I learned that practice makes perfect, now I learned that practice makes permanent. If you keep practising guess what? it becomes a habit; and once it is a habit you don’t ever forget to use it when the time comes for you too and that takes me back to relationships.

When you’re having an argument with your partner, you raise your hand to him, the symbol that everybody knows is saying “stop” or “pause”. You say ‘let’s take 10 seconds’, you explain why and you both sit down and you do the breathing for 10 seconds, you try to bring your body as relaxed as possible.

This is a very integral rule for relationships and therefore we urge you to start practising so that it becomes a habit. You have your network of friends and family, bring them in and encourage them to sit with you and do it together, this may work better for some people.”



**10 seconds  
is doable**

**10 seconds is doable**

**CHART™  
is non negotiable**

Develop a habit of 10 seconds, it’s a tool you can use to:

- ♦ defuse situations
- ♦ change the tone of arguments
- ♦ enable actions that might have been otherwise negative or harmful to enable those actions to stop

"I was aware of counting to 10 as an anger management tip but the 10 second rule makes sense because you do not have to be upset to do it. It's a quick reset even when your mind is straying. That is important and should be taught to kids from a young age" Kishael 10 Seconds Participant