

The benefits of regular silence and timeouts



- To do more – timeout can make us feel more energetic.
- Shutting off speech will make the other senses work better.
- Realise and think about what is important.
- Improve memory.
- Develops your imagination.
- Increases self-awareness.
- Grows your brain (10 minutes sitting in silence thinking about peaceful scenery can actually thicken grey matter in your brain).
- To make sense of it all.
- Get some useful advice – think about a problem as if we were someone else looking at the problem.

How to take a timeout



- Listen to yourself breathing.
- Listen to your heart beat.
- Think about now, not yesterday, not today, not tomorrow, but now.
- Take a walk (*might not always be possible*).
- Realise what you think about – think about what you think about.
- Visualise a peaceful scene.
- When a ‘but I must... (finish my game)’ thought appears, wait for it to disappear.
- If thoughts about a problem appear – tackle them.
- Think about a problem as if we were someone else looking at the problem.