

P.A.U.S.E to Recharge

- Pause
- Assess
- Understand
- Self-Soothe
- Emerge



For this exercise, you will be asked to recall a recent situation that caused you to feel an immediate stress response. Reflect on the experience below, using each step of the PAUSE practice.

Pause: *Were you able to pause before reacting?*

Assess: *What really happened, and why?*

Understand: *How did your body / mind react?*

Self-Soothe: *Did you attempt to calm yourself before reacting?*

Emerge: *How did the situation resolve?*

Plan to PAUSE: *How might you incorporate this practice into your daily life?*
