



# Pause, Reset, Nourish: Resourcing

## WHEN TO USE

- This tool works best with a little preparation before using it and then it can be used anytime, anywhere.

## CATEGORY

Connection as it helps to ground, shift your mindset, gain perspective by connecting with what is important to you.

## THE SCIENCE BEHIND THIS PRACTICE

Research shows that connecting with meaning, purpose, and values, on a regular basis, is important to our wellbeing. It also contributes to satisfaction with work, and life in general. Knowing your strengths and being able to use them daily also contributes to wellbeing and resilience.

## OVERVIEW

Once you have taken some time to reflect on what's important to you and on your strengths, connect them with your own unique, meaningful words and symbols. In this way, you can connect with them anytime you need. Every person has qualities, memories, and images that reflect their strengths, values and what is important to them.

WHAT IS NEEDED	Some time to initially reflect to gather object or words that represent what is important to you.
PAUSE	Take a full, deep breath allowing your attention to focus inward. Noticing what is here for you now in thoughts, emotions and body sensations. Are you noticing signs of anxiety, anger, restlessness, etc. or signs of apathy, detachment, numbing, etc.? If you are familiar with the Mental Health Continuum, is your internal experience reflective of the green, yellow, orange, or red zone?
RESET	<p><i>The first time you do this activity take some time to ask yourself, "what is important to me in my life? Who are the people that matter? What matters to me in my work? What are my values? What are my strengths? What do I have to offer?"</i></p> <p><i>Notice who and what comes to mind. Take some time to fully imagine this person or you doing what is important to you. Imagine for at least twenty seconds, making it as real as possible. Then ask yourself, "what symbol or object (a picture, a token, etc.) or word (strength, helping, etc.) would represent this for me that I can keep close to me to remind me?" Notice what it is and make sure you carry it with you, if possible</i></p> <p>During PRN or anytime in the day you notice that you are feeling shaky or disconnected, remember what's important to you, spend 20 seconds reminding yourself why this is important, and then connect this with the difference you wish to make. You have unique qualities and gifts to share with others, don't hold back.</p>

NOURISH	This is good for you. This is good for others.
FURTHER RESOURCES/ REFERENCES	<p>Adapted from Laurel Parnell, "Tapping In".</p> <p>Can do the strengths survey to help you identify strengths:  <a href="https://www.viacharacter.org/survey/account/register">https://www.viacharacter.org/survey/account/register</a></p> <p>Can use the following exercise to reflect on values:  <a href="https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf">https://www.cmu.edu/career/documents/my-career-path-activities/values-exercise.pdf</a></p>

**NOTES/SPECIAL CONSIDERATION:**

If further support is needed please reach out to a trusted colleague, your manager, Resilience Support Team Member, The Peer Support Line, or EAP services.