

# 1 PAUSE

- › Stop.
- › Take a breath
- › Can you take a moment to?
  - notice what is present in thought, emotion and body sensation.
  - Without judgement, just notice with an attitude of curiosity.



# 2 RESET

- › Ask yourself “What do I need to reset in this moment?”
- › Can you take a moment to?
  - ground yourself,
  - remind yourself of what’s important to you,
  - notice something you are grateful for,
  - connect with someone briefly
  - or reach out for support if needed.

# 3 NOURISH

- › Can you take a moment to?
  - Notice once again what is here for you in thought, emotion and body sensation. Has anything shifted, even just a little?
  - Nourish yourself by engaging in a small gesture of kindness for yourself.

For more ideas to optimize your well-being, please visit the resilience page on the Hub.