

**PAUSE**  
What do I notice in myself right now?

**RESET**  
What small thing can I do to feel steadier in this moment?

**NOURISH**  
Notice what's here now and acknowledge this small replenishment.

We all work at being resilient and resourceful, but there are times for all of us when we shift into overdrive or shutting down.

Take a moment to connect with your breath, your body, and your sense of purpose.

Need more tools to promote your resilience?

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