



Pause, Reset, Nourish: Connecting to Calm

WHEN TO USE

- Anytime throughout the day, “as needed”

CATEGORY

Connection to self and internal resources

THE SCIENCE BEHIND THIS PRACTICE

Visualization practices can make a meaningful difference to our internal experiences. If we can focus on something that is important to us, visualize or get a sense of it in detail, making it real in all its dimensions, our emotions, and physical sensations will also shift. Using our imagination to visualize and think about what is important to us can also keep us in our thinking or more evolved brain.

OVERVIEW

Using your imagination to connect to a calm figure.

WHAT IS NEEDED	A quiet moment, perhaps during a bathroom break or rest pause. At least one individual you know or know of who represents or exemplifies calm.
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	Taking a few fuller, deeper breaths to settle yourself. As you are ready, imagining someone who represents calm to you. They embody the quality of calm. This could be someone you know, or have known, like a grandparent, teacher, coach, etc. This could be a public figure such as Nelson Mandela, Mother Theresa, etc. or a fictional character from your favorite book or movie. Once you have chosen someone, take some time to visualize, imagine or get a sense of them, making them real in all their dimensions. Think about what they look like, sound like, where they are, etc. Spending some moments doing this and perhaps noticing what it is like to be in their presence. If you like, you can also consider what they might say or give you that would help you connect with a sense of calm. You can use these words and/or the gift that was given to remind you of calm during future stressful times that arise.

NOURISH	Notice once again what is here for you now with curiosity and without judgement. Take time to acknowledge the important work that you are doing and that you took a moment to reset and replenish yourself. This is good for you. This is good for others.
FURTHER RESOURCES/ REFERENCES	A short guided practice by Jack Kornfield, a well-respected mindfulness teacher: https://www.tarabrach.com/steady-heart-coronavirus/

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.