



Pause, Reset, Nourish: General Framework

WHEN TO USE

- Numerous times throughout the day “as needed”.

CATEGORY

This is the framework for all PRN practices and recognizes that you can use your own tried and true strategies within this framework.

THE SCIENCE BEHIND THIS PRACTICE

Neuroplasticity states that we can change the brain with small and often practices. Practicing strategies with a focused attention or mindfully helps to strengthen the problem solving and emotional regulation part of the brain. Regularly repeating the format of Pause (noticing your internal experience); Reset (engaging in a short activity that helps you feel more steady); Nourish (soaking in something positive); will create a habit that can support, and even build your resilience.

OVERVIEW

This framework recognizes that you already are a **resilient** individual who is very **resourceful** in your own coping. This framework helps you to insert your own strategies and practices them in a format that helps you to fully absorb or amplify the benefits.

WHAT IS NEEDED	It requires that you remember to PRN numerous times a day. What reminders can you set for yourself to help you remember ie an alarm on your phone or watch, writing PRN on the back of your hand, anchoring PRN to other things you do regularly such as hand washing, walking through doorways, hydrating, documentation, texting, etc.
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	Do any activity here that you find helpful to steady your mind, emotions or body. These might be activities that are breath/body based, grounding, connected to meaning/purpose, focused on connecting to others, or expand gratitude, compassion and hope. For additional ideas go to the Resilience Toolkit, talk to others about what they do, or explore the internet.
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. You can also remind yourself about what and who is important to you in your life and set your mind to connect with a quality in yourself you want to express in the world ie

	courage, hope, compassion, strength etc.
--	--

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.