



Pause, Reset, Nourish: Pro Social Distancing

WHEN TO USE

- Anytime throughout the day when there is an opportunity to engage in a random act of kindness

CATEGORY

Compassion, cognitive strategies

THE SCIENCE BEHIND THIS PRACTICE

Compassion practices, such as random acts of kindness, ignite the caregiving response, and counteract the stress response. Human beings made it this far in human history because we are “wired” to care for each other and to cooperate! When we are socially engaged, we are grounded in the thinking/problem solving brain. Acts of kindness and well wishes have been shown in fMRI scans to light up the motor planning centers of the brain.

OVERVIEW

Recognizing the moments where we can help or connect with someone else, even from a distance, in small ways, such as bringing them something, saying a few kind words of encouragement, a smile that can be seen in the eyes, etc.

WHAT IS NEEDED	Your awareness, attention, openness, and willingness to engage in a small gesture of kindness.
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	We already engage in many acts of kindness and helping throughout the day, however, because of our busyness or our negativity bias, we do not notice and absorb the good feelings that naturally arise from these gestures. Remember, these gestures are energizing, as is anytime we wish another well, even only in our own mind. Notice how often we can be judgmental towards others or ourselves. What if we were to use these thoughts to be a signal for some kind of well wish instead? For example: If I get frustrated by a colleague’s behaviour which amplifies my stress response, what if, as soon as I became aware of my judgement, I turned it into a well wish such as “may I remember that we are all doing the best we can under difficult conditions” or “may you (or I) find some calm in this moment.”
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.

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.