

PRESSING THE PAUSE BUTTON

In times of uncertainty, being intentional about self-care is more important than ever. Stepping out of our daily routine gives us the space to press the pause button and develop new self-care habits. Rituals help provide structure for these efforts.

Think of rituals as *“new habits for the soul.”*



What are the Benefits?

- Helps us focus on the present moment.
- Creates meaning and memories.
- Offers a predictable sense of structure.
- Reminds of what is important to us.
- Reduces anxiety, encourages feeling of well-being.

Daily Practice Ideas

- **Gratitude** – What am I grateful for? Great for journaling.
- **Picture This** - Take a photo of something beautiful you might not have noticed before.
- **Life lessons** – What am I learning? What did I learn today? Journal if you like.
- **Music** – Take the time to really listen to a favorite or a new song. Sing at the top of your lungs if it makes you feel better. (Don't worry about how you sound!)
- **Move** – Dance, take a walk, do a favorite exercise. Move just for the sake of moving. Pay attention to how your body feels.
- **Mindful Eating** – Eat a meal or a snack slowly. Get rid of distractions like phone or TV. Pay attention to the taste and texture of the food.
- **Reflection** – Say a prayer, a poem, a favorite meditation when you are switching clothes after work. Or before work as you get dressed. Think of special moments in the day.
- **Creativity** – Color, paint, write, sew. Focus on the process, not the end result.
- **Visualize** – Set a timer for five minutes. Sit quietly and visualize a peaceful place or a special memory. Breathe deeply, paying attention to your breath.