

Pause

A moment's pause can give you a whole new outlook. Pausing for short moments throughout the day promotes relaxation and refreshes and reenergizes. It gives your nervous system a chance to regain balance. It helps to develop an awareness of yourself so you can take better care of yourself. It helps to relax so you can feel more refreshed and recharged!

To pause, you simply stop.

- Stop what you are doing.
- Stop what you are thinking.
- Stop before you react to the situation.

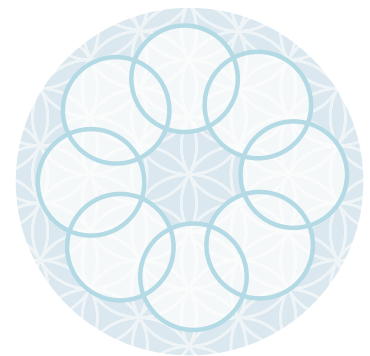


Check in with how you are feeling in your body.

- Concentrate on your senses. Notice what you see, hear, smell, taste, or touch.
- Feel your feelings. Are you angry? Frustrated? Sad? You don't have to do anything with those feelings—just say “hello” to them and allow them to be.

After a minute or longer, proceed back to your day with your new feelings of awareness, calm, and appreciation.

- Notice your body as a whole.
- Have any sensations changed?
- Appreciate yourself for making time to pause.



Take your Wellness Pulse: <https://alcoholstudies.rutgers.edu/wellness-in-recovery/inventory/>

For more information contact Dr. Peggy Swarbrick at the Wellness Self-Care Program, swarbrma@rutgers.edu