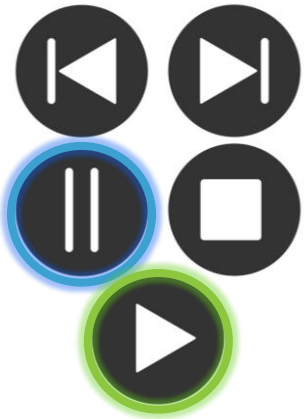


PAUSE AND RESET

GETTING STARTED



The world around us has drastically changed. We've been forced to hit **PAUSE** on different aspects of life. Recognizing the weight of what we're up against, accepting the changes that we are faced with, and finding new and unique ways to cope can allow positive opportunities to come out of the situation we are in. Use this time to your advantage and take the time to **RESET**.

Over the next week, allow yourself to find ways to accept where you are and welcome what good can come of it. In everyday life, we can find ourselves in an intense, repetitive dialogue that can be overwhelming, especially during difficult challenges. The world has forced us to pause, connect, and reset so that we can move forward with a renewed focus – to power ahead and devote our energy to the things that matter most.

HIT THE PAUSE BUTTON



While we are in the midst of a situation that feels overwhelming, it's important to be kind and gentle with ourselves. Do things that feel good, that bring calm, and create a more positive headspace.

For the next 7 days, commit to taking a pause each day through a 3-strategy approach:

- 1) Quiet.** Find 10 minutes of quiet in your day. Take a bath, sit in the sun, close your eyes, be, and just breathe.
- 2) Move.** Walk for 20 minutes every day. Get outside, wave to the neighbours, breathe in the fresh air, and leave your devices at home. Can't get outside? Go online to find a 20-minute walk-at-home video, listen to nature sounds and step into a peaceful mindset.
- 3) Journal.** Write down 3 things that you are grateful for each day. Focus on the positive and release the negative.

TIME TO RESET

The world can be unpredictable. Things happen suddenly and unexpectedly. We want to feel that we are in control, but our world tells us otherwise. It can be hard to focus and stay organized when we don't know what lies ahead. It's time to reset! At the beginning of your 7 days, create two lists:



- 1) To-Do List.** Include priority chores, work tasks, and responsibilities. You can organize these in the Daily Tasks document.
- 2) Bucket List.** Consider this your "self-isolation" bucket list. It can include fun and not-so-fun things. The goal is to complete as many Bucket List tasks as possible before the end of your 7-day challenge.

BONUS! Suggested Daily Tasks

A daily task intended to relieve stress and help you to reset your body, mind, and spirit.

Do what you can, when you can, in whatever way feels best for you.