

PAUSE AND RESET

Getting Started



The world around us has changed dramatically. 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 our situation. 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 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.

THE CHALLENGE... Try the suggested daily tasks intended to relieve stress and help you to reset your body, mind, and spirit. Visit the challenge portal to log your tasks! Read on for some other ideas designed to help hit the pause button and setting time to reset.

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

HIT THE PAUSE BUTTON



While we are in a world 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. Simply be and breathe.
- 2 **Move.** Walk for 20 minutes each day. Leave your devices at home and get outside, wave to the neighbours, breathe in the fresh air. If you can't go outside, search the web for a walk-at-home video, listen to nature sounds, and step into a peaceful mindset.
- 3 **Journal.** Write down 3 things for which you are grateful 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:



To-Do List.

Include priority chores, work tasks, and responsibilities. You can organize these in the Daily Tasks document.



Bucket List.

It can include fun and not-so-fun items. The goal is to complete as many tasks as possible before the end of your 7-day challenge.