

# Your guide on how to **take a pause**

We live in a world where being “busy” is a badge of honor. But the go, go, go can lead to burnout. So it’s important to pump on brakes every now and then.



**TIP ONE**

## **BREATHE**

Notice how the air flows in and out.

**TIP TWO**

## **LISTEN**

Let the sounds come to you.  
What do you hear?



**TIP THREE**

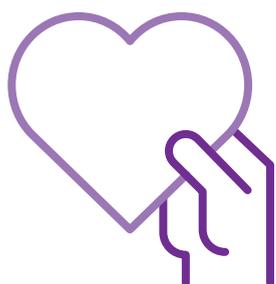
## **WATCH**

your thoughts without judging them.

**TIP FOUR**

## **GO OUTSIDE**

Take a walk without your phone.



**TIP FIVE**

## **PRACTICE GRATITUDE**

Acknowledge the good in your life.