

Helpful apps to assist you in using the PRN framework:

<i>Tips on Meditation, Mindfulness, Sleep, and Anxiety</i>	Headspace / Headspace Plus, Insight Timer, Simple Habit, Calm, Smiling Mind
<i>Brief, high intensity workouts</i>	7 Minute Workout
<i>Overall wellness during the pandemic</i>	COVID Coach
<i>For the BIPOC community to develop a daily meditation habit</i>	Liberate Meditation

When you are needing more than a PRN:

Reach out to a peer support counselor, EAP service or manager; call a hotline; or speak to a mental health provider, health provider, or a trusted colleague.

- National Suicide Prevention Lifeline, Call (800) 273-8255, Chat with Lifeline
- Disaster Distress Helpline, Call (800) 985-5990, Text TalkWithUs to 66746
- 7 cups – Trained active listeners are available to chat with you via text or online to help you through difficult times.

With the PRN framework, you can insert your own strategies and practices according to what works best for you. Remember to be compassionate with yourself and honor your unique context, values, and needs. Some strategies can be done in the moment of a difficult situation and others can be done when you have more time. Adjust the strategies you use based on the situation. What matters most is that you intentionally create spaces to use PRN strategies frequently enough to make a habit of slowing down and listening to your body, resetting your nervous system from stress to safety or from crisis to confidence. Take a step back from work when you can to “rest and digest” and nourish yourself.

How stressed are you?

- Professional Quality Of Life (ProQOL) – includes a measure and resources for identifying and managing burnout, compassion fatigue, and secondary stress. The Provider Resilience app includes this measure and stress-busting tips tailored to your self-assessment.
- Wellness in the Workplace – includes a questionnaire and provides guidance on creating resilience, balance, and meaning in high-stress workplaces.

Additional Resources

- Mindfulness-Based Stress Reduction – free online training course and resources.
- TEND Academy – addresses the complex needs of high stress, trauma-exposed workplaces.
- Secondary Traumatic Stress Consortium – defines Secondary Traumatic Stress and resources to address it.
- Self-Compassion.org – learn about the 3 elements of self-compassion and how to give and receive it.



Suggested Citation

Cuellar, R., Rains, M., Hendricks, A., Hirsh-Wright, A., Valenti, S, Grosso, C., Louie, K. & Brymer M. (2020). Pause – Reset – Nourish (PRN)* to Promote Wellbeing: Use as Needed to Care for Your Wellness! Los Angeles, CA, and Durham, NC: National Center for Child Traumatic Stress.