



## Pause – Reset – Nourish (PRN)\* to Promote Wellbeing Use as Needed to Care for Your Wellness!

All of us face a variety of stresses daily. Currently, you may be dealing with additional responsibilities at work and new challenges with parenting. Consider your level of distress before deciding what approach you'd like to take to address it. Gauging your level of distress is as important as practicing self-care strategies. The PRN framework is one such strategy and reminds us of the types of practices that help promote wellbeing and enhance resilience. Just like you would take a medication PRN, or as needed, to address unwanted symptoms, you can Pause-Reset-Nourish to help replenish yourself when needed. These practices can help to reset and rebalance your nervous systems, and can be done frequently throughout each day in just a few minutes. Consider these simple steps:

### Pause:

Check in with your internal experiences or how your body is feeling at the present moment.

By taking a slow conscious (diaphragmatic) breath you can pause to check on how you are feeling inside. Repeat this at least 3 times. As you become more aware of what is happening inside your body, you might realize that you are anxiously ruminating over something, holding stress or tension in different parts of the body, feeling that your mind is cluttered, having intense emotions (e.g., frustration, anger, anxiety) or grieving the loss of a loved one, patient, or the loss of routines due to COVID-19. It may be more than one thing, making the need to pause all the more important.

There are many ways to do slow conscious breathing, click to watch a demonstration of the 4-7-8 technique or the square breathing technique.

### Reset:

Actively do something to help you feel steadier, more calm, confident or focused on your next task. Be kind to yourself and remember that these are difficult times.

- When you sense you are ruminating or your mind is full, try to reset by having a quiet moment. Consider continuing slow breathing (e.g., 3 minute breathing space), meditation, practicing mindfulness, petting an animal, taking a brief walk outside, or looking at a photo that puts a smile on your face.
- When negative experiences are overwhelming you, try to reset by focusing on a positive thing that happened or an affirmation, sharing gratitude, watching a short funny video or meme, talking with a colleague, or practicing grounding.
- When unsure of how you are feeling but recognize you are uncentered, try to reset by observing the feeling, acknowledging it, and letting it pass through your mind like it is on a conveyor belt. Accepting the current situation allows us to acknowledge our desire for things to be different than they are.
- When you become critical of yourself, try to reset by interrupting those thoughts with self-compassion or talking to yourself as if you were a caring supportive friend.

### Nourish:

Soak in something positive that replenishes your mind-body-heart-soul-or spirit. Turn your focus towards something that helps you remember your own strength and resilience, or reminds you to take time to tend to yourself. You may ask yourself, "What do I need to nourish myself right now?"

- Think about something that has been rewarding or meaningful at work or at home. You might remind yourself of why you got into this profession, how you helped someone, or a meaningful moment with your family or loved ones.
- If a loved one has died, consider ways to honor them by reminiscing with others who knew them, reflecting on a positive memory you have of them, contributing to a cause they found important, or doing a kind act in their name.
- Consider affirmations or reminders that help you feel prepared to deal with the stress or challenges you are facing; this may help you harness your own strength and resilience.
- Consider engaging in moments of playfulness, light-heartedness, and creating meaningful social connection with others. This might include enjoying a family activity; laughing, singing or chanting; dancing, or other ways that bring you joy; engaging in meaningful cultural practices or rituals; connecting with a significant other or a beloved pet; celebrating a success at work or with loved ones; or doing something for others in need (donating time for charity, baking for a neighbor).