

Practise the Pause

P	Pay attention to my body, thoughts, and feelings. What happens to my body when I get angry? eg, clenched fist, elevated heart-rate? These are messages that I need to pause. Am I breathing? What story am I telling myself?	
A	Assess what is activating me What feelings are being activated? Do I not feel heard? Do I feel misunderstood? Am I upset about what is said or something else that happened to me recently?	
U	Understand the roots of my feelings What values of mine are being challenged? Am I seeking to resolve a disagreement or maintain power and control over something or someone else?	
S	Set boundaries, Separate, Ensure Safety If you are not able to show up in dignity and respect. Step away. Set boundaries. Work with the problem when you are less frustrated. It is important everyone feels safe.	
E	Empathize with those involved Everyone deserves respect. How could the other person be experiencing me? How will my actions impact others? What are others trying to express? How can we create understanding?	



What is the pause?

THE MOMENT BETWEEN FEELING SOMETHING AND REACTING TO IT.

Pause—and learn to manage your emotions through...



COPE:
Thinking Skills

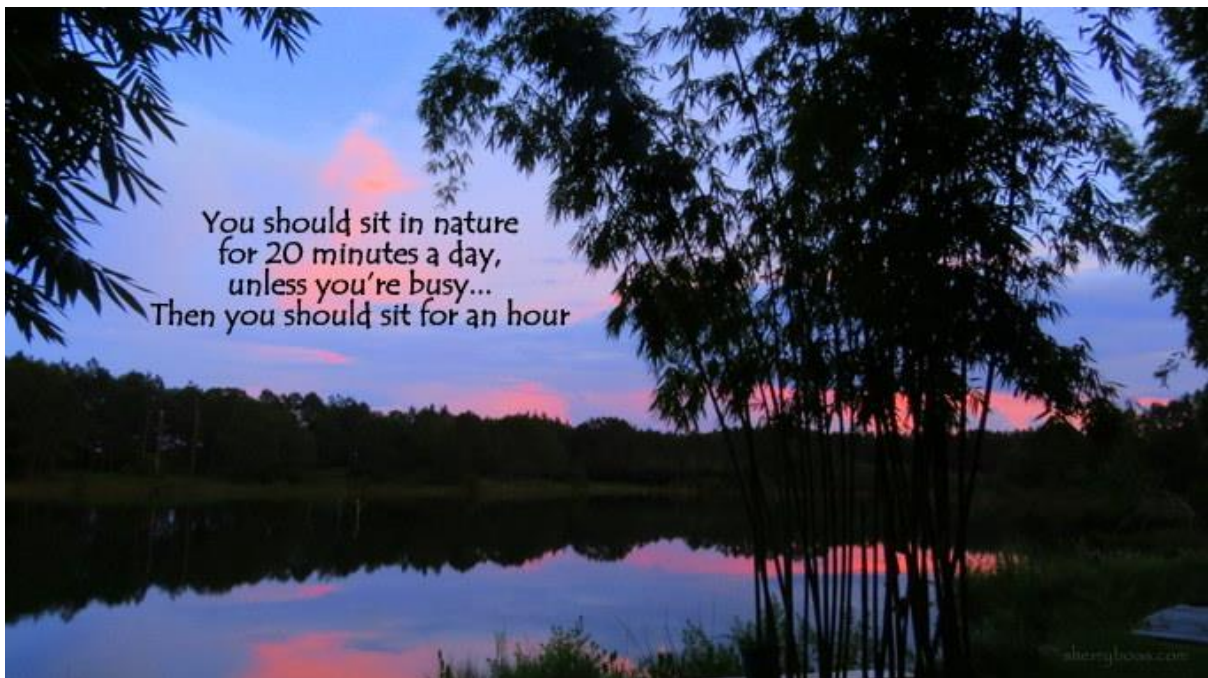


CALM:
Doing Skills



CARE:
Being Skills





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Morning everyone,

Happy Well-being Wednesday to all.

Today I'm sharing an extract from a blog on GoodTherapy.org website.

- (Author - [Cedar Barstow, MEd, CHT](#))

It's about **the power of a pause**.... and why you should give yourself a break.



When asked why he played so well, piano virtuoso Artur Schnabel responded, "I handle notes no better than many others. But the pauses; that's where the art resides." A pause is simple, almost invisible. What does a pause do and how can we cultivate the fine art of pauses?

UNDERSTANDING THE 'PAUSE'

A pause is a conscious slowing down—a space-maker between stimulus and response. Pausing activates the [parasympathetic nervous system](#), which helps us become calm. When our nervous systems are calm, we have more capacity to avoid reacting out of habit, and instead, to choose a response that is more satisfying, effective, and attuned to the situation at hand.

PAUSING AS SELF-CARE

Learning to pause is a personal gift of [self-care](#). Pausing briefly throughout the day reduces tension. More space and less anxiety and rush make much-needed room for pleasure and wonder. We can then work harder while being happier and more relaxed. When we are moving too fast, or when we don't take time to pause, we can easily misuse power because our habitual reactions overtake our ability to choose a more considered response.

TWO WAYS TO USE PAUSING IN DAY-TO-DAY LIFE

Using pauses well is one of the great secrets of being power positive. Here are some specific experiments to try. For a week, do at least one of each experiment and see what happens.

1. **Pause in your personal world:** Consciously choose to make space between tasks.

2. **Pause in your relationship world:** Consciously choose to wait longer than usual before speaking.

It's not always easy to slow down. If you feel too stressed or overwhelmed then that's a clear sign to find and make time to pause, readjust, realign, and reset... as many times as you need to! And reach out to a trusted person for some support if you can, because often a problem shared, is a problem halved!

So, today, practice the pause.... and Look after you! 😊 ☐

#practicethepause #becomingunbusy #selfcare #mentalhealthmatters #wellbeingweds
#authenticliving #emotionalawareness #lookafteryou