


PRACTICE THE 
Pause
Managing Stress During COVID

The pandemic has created a lot of stress at home, work and with relationships in general.

MORE STRESS = LESS PATIENCE

Try practicing the PAUSE to take control of your reactions:

Pause before taking

Action to

Understand our

Stress and

Emotions

Taking a few seconds and a deep breath before responding to a situation can change everything.

Give it a try today - **Practice the PAUSE** in your communications with others.

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To learn more: www.msm.edu/ncrn