

## P.A.C.E. YOURSELF

A Framework for Engaging in Self-Care:

1

### PERMISSION

What would granting yourself permission to put yourself FIRST look, sound and feel like? Consciously granting yourself permission to care for yourself in this way sets an intention to do so.

2

### AWARENESS

Next, bring your awareness to your present moment experience. Notice any areas of tension or tightness in the body. Notice areas that feel light, open, spacious.

3

### ANCHOR

If any unpleasant emotions arise as you are doing this, I invite you to anchor in the breath, breathing fully and deeply as you stay with your experience. The mind will wander, bring it back to focus on the breath.

4

### COMPASSION

What might you do in this moment to offer yourself kindness, just as you would offer to a friend or colleague who has been working tirelessly as a healthcare professional navigating a pandemic?

5

### ENVISION

Visualize yourself stepping into the next moment and all future moments with a sense of well-being, seeing and feeling yourself having energy and vitality. Stay with your exploration for as long as you can and notice if there are any shifts in your mental and/or physical state.

## WELL IN MIND IS HERE FOR YOU!

Call to schedule a therapy session, resilience building session, or to ask about the other benefits available to you.