7 days of pause

TAKING PAUSE

EACH DAY CONSISTS OF A JOURNAL PROMPT AND ACTIVITY

1. Activity: Why is sleep important? Need help falling asleep?
   Journal prompt: What does it feel like to get a good night’s sleep?

2. Activity: Checking in with your body: body scan.
   Journal prompt: What are some body indicators I have that indicate I’m not relaxed?

3. Activity: Anxiety management workbook
   Journal prompt: Identify a few situations in which you can feel your anxiety increase. How can you think about the situation differently?

4. Activity: Breathwork is arguably the best way to gain relief from tension and anxiety
   Journal prompt: What are some ways i can remember to engage in breathwork throughout my day?

5. Activity: What is gratitude, why is it good to give thanks
   Journal prompt: Identify one thing you are thankful for. Write five sentences about why you are thankful for it.

   Journal prompt: How would you like to change your experience with eating?

7. Activity: Mindful (deep) listening can help you become a better friend and a better communicator.
   Journal prompt: What does it feel like to be listened to? How is the listener showing you they’re engaged with you?