



Pause Presence Proceed

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Daily mindset reminder: Using focus words throughout your day can help to create self-awareness which can help to counter the buildup of stress and overwhelm. This reminder uses three words (Pause Presence and Proceed) to help create this intentional pause.

Process:

Pause: Take a moment to breathe deeply and fully all the way down to your abdomen and then take a long and slow exhalation. Breath awareness is a great way to come to the present moment. Draw your attention to noticing physical sensations of breathing while taking two or three deep breaths.

Presence: Next take a minute to notice sensations in your body. Continuing to take deep breaths as you work to soften and release any tensions or tightness. A simple body scan - head to toe - can be done in this moment. It is helpful to roll your shoulders up on an inhale and roll them softly back on your exhale.

Proceed: From this grounding breathwork and releasing body scan, you can now set your intention to proceed with the clarity of curious compassion into a meeting, challenging conversation, patient interaction or through the door of your home as you arrive home at the end of your day.

It is an option here to think of your own personalized focus word to insert after your breath work and body scan. For example: "Inhaling grace and exhale releasing." The idea is for you to choose a word to end the process that has meaning and special connection in your life.

Benefits:

- *Creates a sense of awareness of areas of challenge and perhaps limiting beliefs and expectations.
- *opens the door to self-compassion which is a great salve for overwhelm and burnout.
- *Creates an intentional reset back to your best, resourced intentions.

This mindset reminder was inspired by my own direct experience using the process in a challenging and intense hospital setting. The idea to use "Pause Presence and Proceed" came from Dr. David Raket. Dr. Raket is an Integrative physician at the University of Mexico school of Medicine. Dr. Raket has over 20 years' experience focusing on bringing Integrative Medicine programs into educational and clinical experience. <https://davidraket.com/education/>