



Practice the **PAUSE**



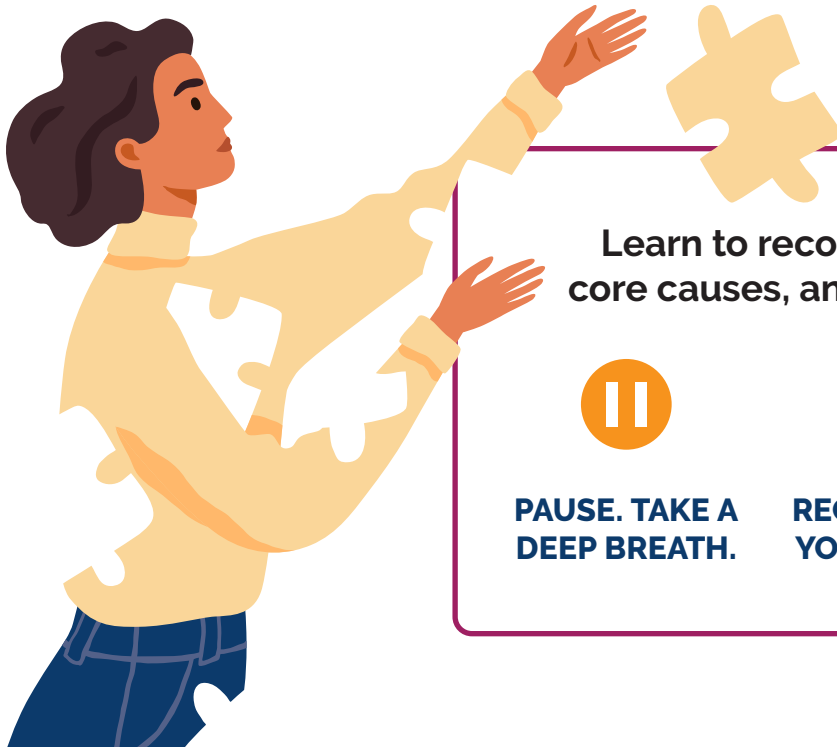
Ages 13-18






RIGHT NOW, EVERYONE IS STRUGGLING WITH THE EMOTIONAL TOLL OF COVID-19.

Sad? Lonely? Angry? Worried? Unfocused?

These are all normal responses to a natural disaster.
COVID-19 is a natural disaster.



Learn to recognize feelings, identify the core causes, and choose a different feeling.

		
PAUSE. TAKE A DEEP BREATH.	RECOGNIZE HOW YOU'RE FEELING.	CHOOSE A DIFFERENT FEELING.

Practice the Pause is based on the COPE, CALM, and CARE skills models developed by Kira Mauseth, PhD, Clinical Psychologist, Seattle University. The tools have been adapted for public use by Greater Columbia Accountable Community of Health, 8836 W Gage Blvd, Suite 202A, Kennewick, WA 99336 (509) 567-5584.

