

Practice the PAUSE

What you and your child are
feeling is normal.



SAD



ANGRY



LONELY



WORRIED

Everyone is struggling with the emotional toll of COVID-19.
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.



**STOP. TAKE A
DEEP BREATH.**



**NAME 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.

