

PERMISSION TO PAUSE

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DO IT FOR YOURSELF NOT BY YOURSELF

SYSTEM #1 BREATHE

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Breathe to Reset Your Nervous System

- **Why it works:** Deep, intentional breathing (like box breathing or 2-2-6 breathing) lowers cortisol, activates the parasympathetic nervous system, and creates an immediate sense of calm.
- **Try this:** Inhale for 2 and think or say “Let” hold for 2, exhale for 6 and think or say “Go”. Repeat 3 times.
- **System Shift:** Schedule 2 “breathing breaks” in your day (ex: mid-morning, mid-afternoon) instead of waiting until you’re overwhelmed.

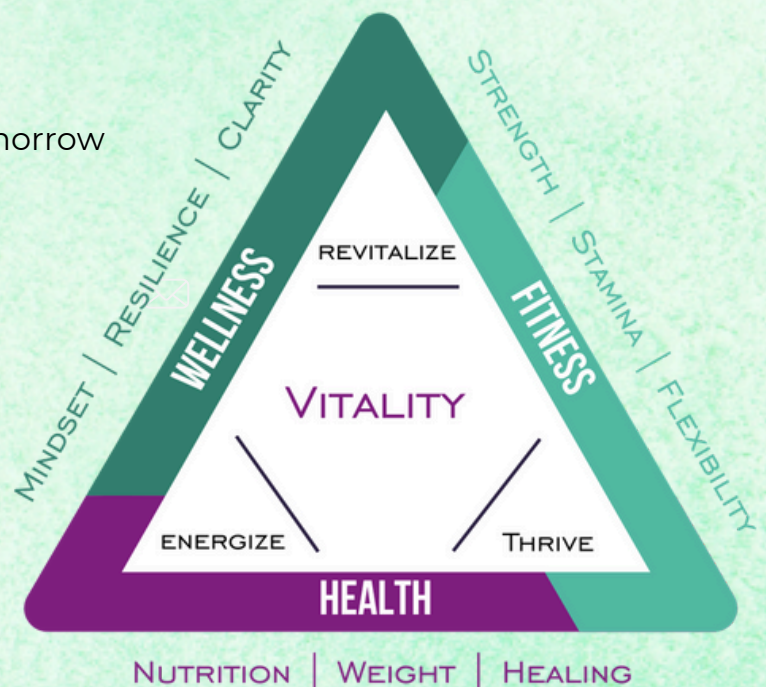
SYSTEM 2: GRATITUDE

Gratitude + Journaling for Mental Clarity

- **Why it works:** Writing down 3 things you’re grateful for shifts focus from stress to possibility and strengthens resilience. Journaling helps untangle mental clutter.
- **Try this:** Each night, jot down:
 - a. One thing that went well today
 - b. One challenge you overcame
 - c. One thing you’re looking forward to tomorrow
- **System Shift:** Use a notebook or an app — consistency matters more than format.

AT A GLANCE BENEFITS

- Greater emotional resilience to handle life’s challenges
- A stronger sense of gratitude and positivity in daily life
- Improved focus and mental clarity for decision-making
- A deeper connection to your goals and values
- More confidence in navigating stressful situations
- Renewed energy from meaningful daily rituals



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SYSTEM 3: MICRO-MEDITATION

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Micro-Meditations for Daily Reset

- **Why it works:** You don't need 30 minutes. Even 2–3 minutes of stillness, visualization, or body scanning can reset your focus and lower stress.
- **Try this:** Close your eyes, breathe deeply, and silently repeat: "I am calm. I am capable. I am enough."
- **System Shift:** Anchor micro-meditations to something you already do (before opening your laptop, before meals, or after a meeting).

SYSTEM 4: BOUNDARIES

Boundaries That Protect Your Energy

- **Why it works:** Saying yes to everything is a fast track to burnout. Boundaries are systems too — they create space for what truly matters.
- **Try this:** Before agreeing to something, pause and ask: "Does this align with my priorities right now?"
- **System Shift:** Create one "non-negotiable boundary" this week (e.g., no work emails after 8pm, one screen-free meal a day, or reserving Sunday mornings for yourself).

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AT A GLANCE BENEFITS

- Reclaim Calm in the Chaos.
- Simple breathing tools to ground your energy and reset your focus anytime, anywhere.
- Create Space That Belongs to You.
- Build micro-moments of peace into your day so you can recharge before you reach burnout.

