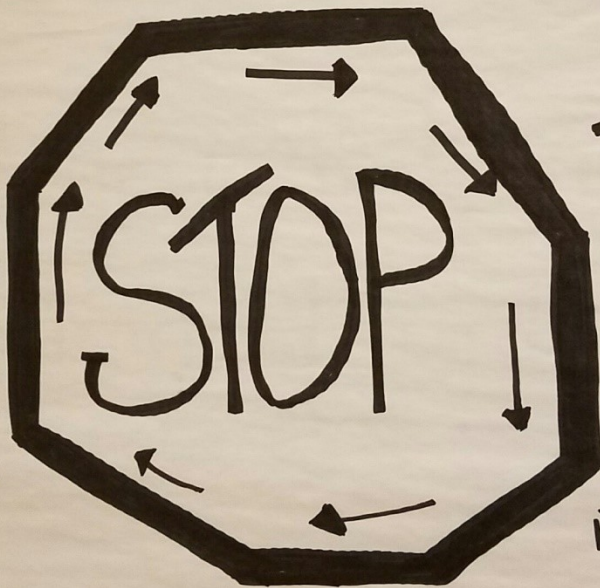


The Purposeful Pause

S = Stop, Pause, Set it down,
look away, disengage

P = Proceed
What feels
like a wise
next step?



T = Take
a Breath,
full cycle
of breathing
in the body.

O = Observe
first bodily sensations,
then thoughts + Emotions.
Be Curious.