

# 7 days of pause

## TAKING PAUSE

### EACH DAY CONSISTS OF A JOURNAL PROMPT AND ACTIVITY

1

**Activity: Why is sleep important?  
Need help falling asleep?**

journal prompt: What does it feel like to get a good night's sleep?

**Activity: Checking in with your body: body scan.**

Journal prompt: What are some body indicators I have that indicate I'm not relaxed?

2

3

**Activity: Anxiety management workbook**

Journal prompt: Identify a few situations in which you can feel your anxiety increase. How can you think about the situation differently?

**Activity: Breathwork is arguably the best way to gain relief from tension and anxiety.**

Journal prompt: What are some ways I can remember to engage in breathwork throughout my day?

4

5

**Activity: What is gratitude, why is it good to give thanks**

Journal prompt: Identify one thing you are thankful for. Write five sentences about why you are thankful for it.

**Activity: What is mindful eating? Try this classic mindful eating exercise.**

Journal prompt: How would you like to change your experience with eating?

6

7

**Activity: Mindful (deep) listening can help you become a better friend and a better communicator.**

Journal prompt: What does it feel like to be listened to? How is the listener showing you they're engaged with you?