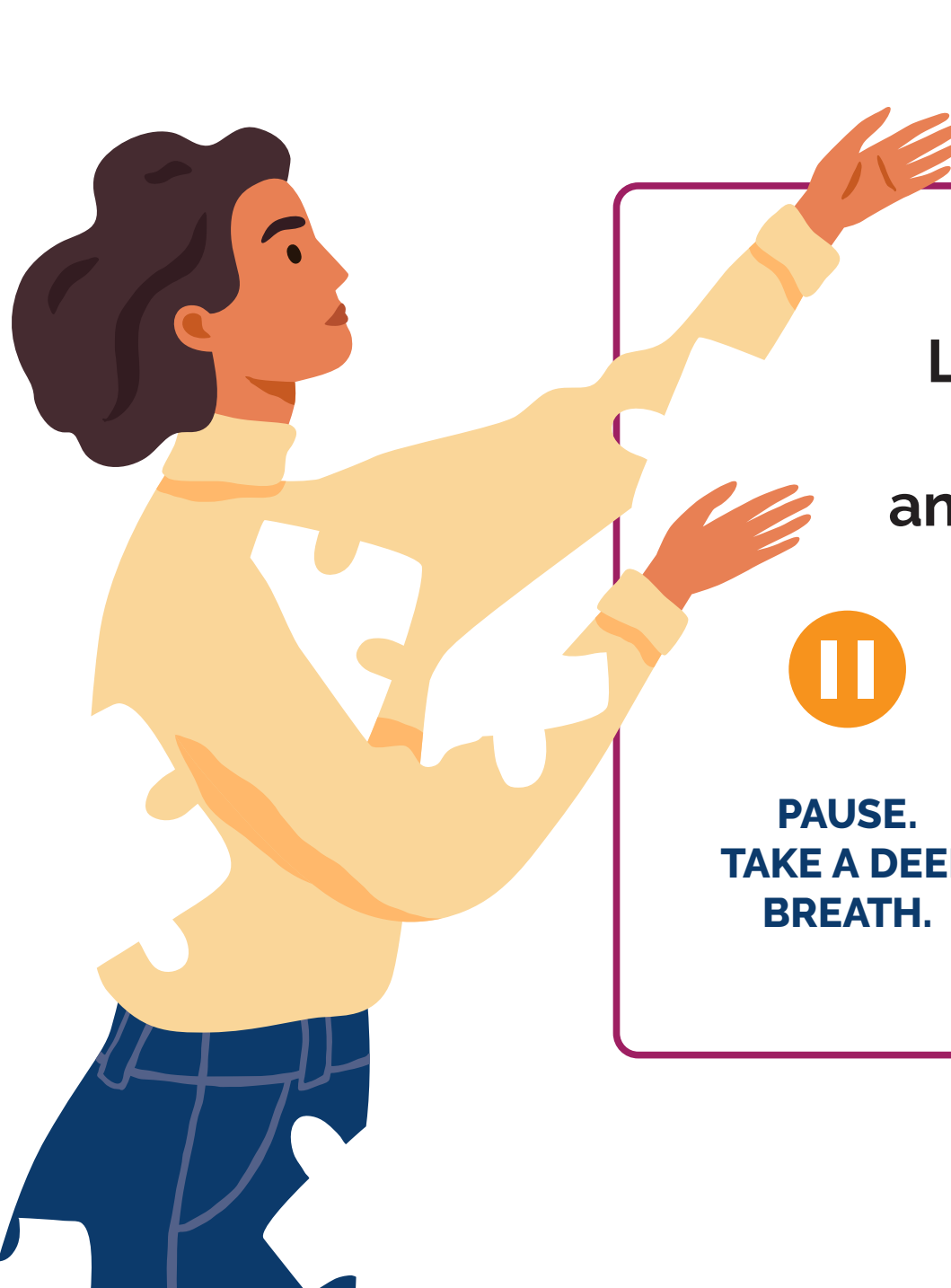



Practice the PAUSE

Feeling...


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.

