



**WHAT YOU ARE
FEELING IS NORMAL.**

Practice the **PAUSE**

COVID-19 is a natural disaster.

Our minds and bodies react the same way to any disaster—hurricane, tornado, earthquake, even a pandemic. These are traumatic experiences.

Anger. Confusion. Difficulty concentrating or remembering. Sadness. Frustration.

These are normal responses to an abnormal situation.

What is the pause?

The moment between feeling something and reacting to it.

Pause—and learn to manage your emotions through...



Thinking Skills



Doing Skills



Being Skills

Learn how to build these skills at
practicethepause.org.