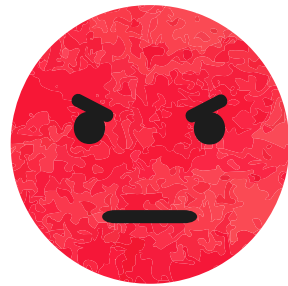


Are You Feeling...



SAD



ANGRY



LONELY



WORRIED

Practice the Pause



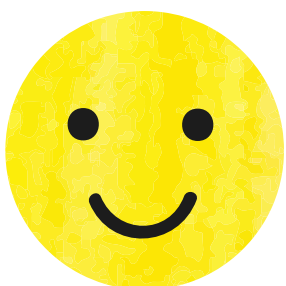
STOP. TAKE A DEEP BREATH.



NAME HOW YOU'RE FEELING.



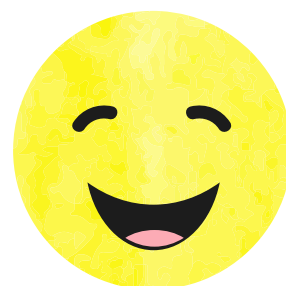
CHOOSE A DIFFERENT FEELING.



HAPPY



CALM



EXCITED



BRAVE

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.

