

# Practice the **PAUSE**



**WHAT YOU AND  
YOUR TEEN ARE  
FEELING IS NORMAL.**

## **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](https://practicethepause.org).