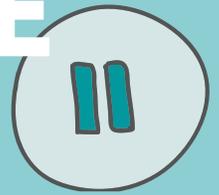


# A MINDFUL PAUSE



COVID-19 (as unwelcome as it may be) has really forced many of us to slow down. It's broken our routines (some good and some less than desirable) and given us time to think. Before we jump back into life, let's think about what we have missed and what feels good to be rid of. This is a time where a mindful pause full of reflection can help us start building a healthier "new normal."

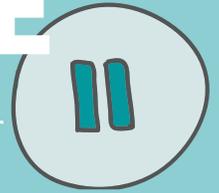
What are some positive things I have learned about myself?

What unhealthy habits did I have before quarantine that I enjoy not having anymore?

What do I miss that I will embrace from now on?

What do I feel comfortable leaving behind?

# A MINDFUL PAUSE



Now it's your turn to reflect on what you have learned, what you wish for yourself going forward, and how you plan to mindfully build your new normal.

Journaling or even just jotting down ideas can help our brains to embrace gratitude, process difficult life events, and remind us of the wonderful things we still have ahead of us. ENJOY!

