Your guide on how to take a pause

We live in a world where being “busy” is a badge of honor. But the go, go, go can lead to burnout. So it’s important to pump on brakes every now and then.

**TIP ONE**
**BREATHE**
Notice how the air flows in and out.

**TIP TWO**
**LISTEN**
Let the sounds come to you. What do you hear?

**TIP THREE**
**WATCH**
your thoughts without judging them.

**TIP FOUR**
**GO OUTSIDE**
Take a walk without your phone.

**TIP FIVE**
**PRACTICE GRATITUDE**
Acknowledge the good in your life.