

LIFE CAN BE HECTIC AND DEMANDING.

The world is a kinder place when we take a moment to practice the pause.

PAUSE

Practice the pause to create space between your thoughts, emotions, and your response

Act with courage, compassion, and integrity

Understand that self-awareness and self-care are critical to health and well-being

Seek to establish connections, trust, and safety through perspective taking, empathetic listening, and respect

Empower yourself and support others to achieve better outcomes, to succeed, and to advance equity