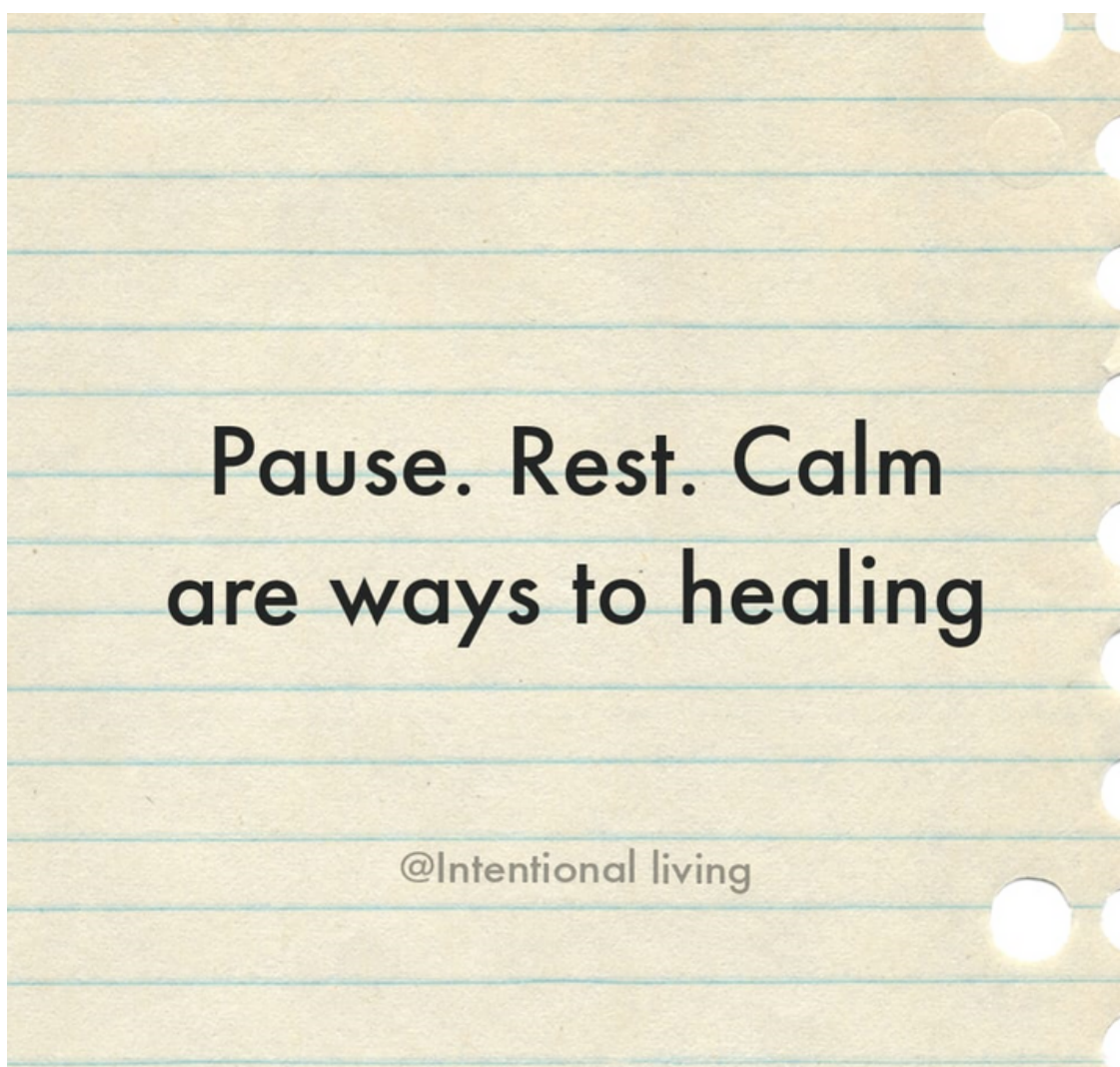


## ***The power to heal is in the pause***

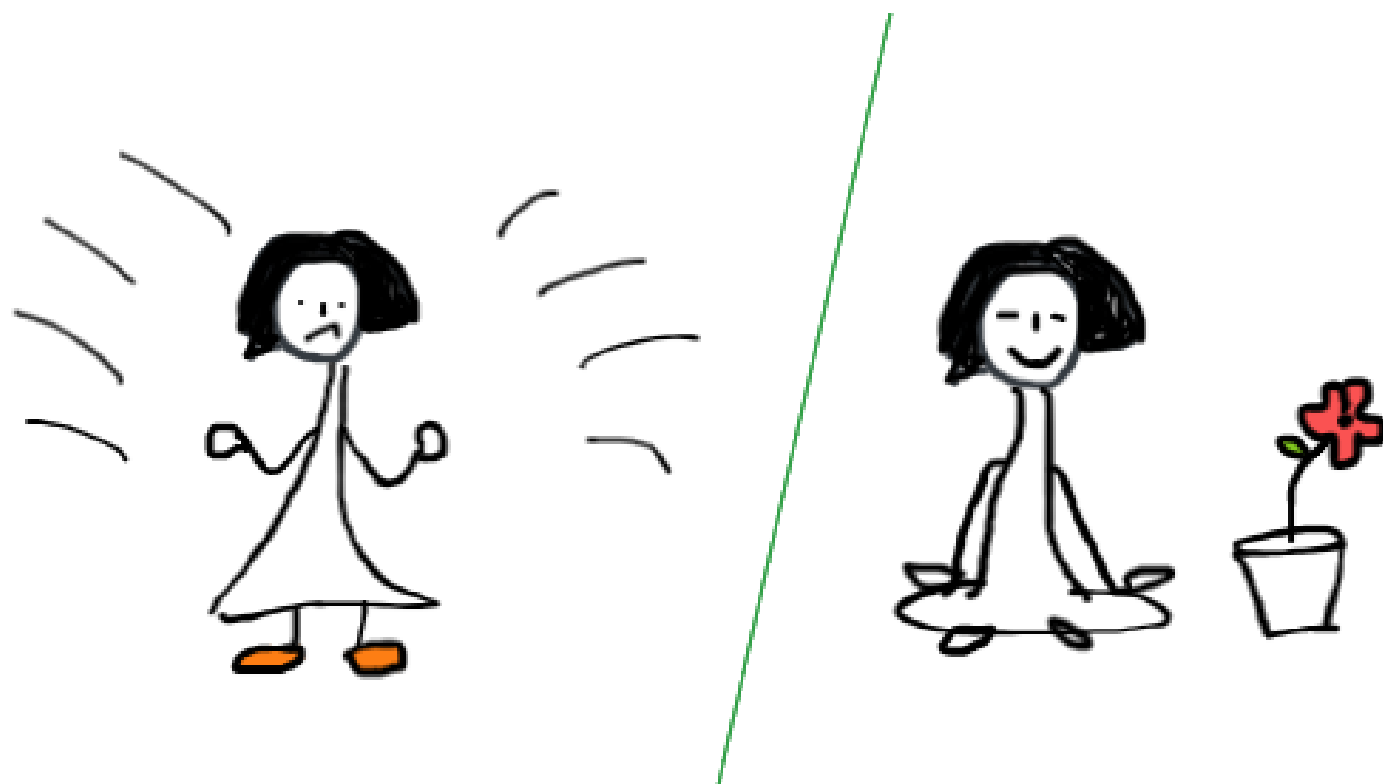
### ***Quote to ponder***



**Pause. Rest. Calm  
are ways to healing**

@Intentional living

### ***Idea to Consider***



We all know that the world is constantly moving. Minutes are turning into hours, hours into days, days into months, and months into years. Knowing that we must not miss any opportunity or life event, we are going, going, going on without consciously being aware of the damage that gets caused by constant moving.

The constant moving has made it hard to stop or slow down. We are constantly trying to match to the society standards that values productivity or being constantly busy as a badge of honor.

We all know that the world is constantly moving. Minutes are turning into hours, hours into days, days into months, and months into years. Knowing that we must not miss any opportunity or life event, we are going, going, going on without consciously being aware of the damage that gets caused by constant moving.

The constant moving has made it hard to stop or slow down. We are constantly trying to match to the society standards that values productivity or being constantly busy as a badge of honor.

The problem with living like this is that at some point of time, motion leads to feeling stressed, anxious and even overwhelmed.

One way to help combat these feelings is to incorporate pauses into your life. Pauses can be big or small, but each one gives you a chance to catch your breath, recenter yourself, and recharge.

### ***Cheat Sheet to experiment***

The Mental Pause	Take break from thinking and clearing your mind. Use meditation, walking or listening to music as tools.
The Emotional Pause	Take a break from feeling emotional. Use journaling, talking to friend and nature walk as tools.
The Physical Pause	Take a break from movement. Use massage, nap or spend time in sauna as tools.
The Spiritual Pause	Take a break from spiritual practices. Use stillness, praying or spending time in nature as tools.