

IMPROVING WELLNESS

TRAUMA RESPONSE PROGRAM NEWSLETTER

PAUSE-RESET-NOURISH

In the last quarterly newsletter, The Trauma Response Program offered strategies on integrating movement during your workday as a form of wellness. As the COVID-19 pandemic continues with the Omicron variant, we would like to continue to share strategies that can contribute to improved wellness during this stressful time. The Pause-Reset-Nourish (PRN) framework encourages each of us to increase our awareness to our current levels of distress, engage in an activity that will increase feelings of calmness and confidence, and soak in something positive that replenishes your body. "PRN" reminds us that just as medications can be taken "as needed," we can participate in pause, reset, and nourish to connect with ourselves and replenish ourselves as needed.



PAUSE

- Ask yourself, "How is my body feeling right now?"
- Take slow, deep breaths to help you pause and check in with yourself. Repeat at least 3 times
- As you pause and connect with your body, you may become aware of stress you're holding in parts of your body, feeling like your mind is cluttered, and/or worrying about something.



RESET

- Participate in something that will help you feel calmer. Remind yourself that these are difficult times.
- You can continue to breathe slowly, pet an animal, take a short walk, or look at a picture or video that makes you smile
- When you are critical of yourself, you can reset through interrupting your thoughts with self-compassion



NOURISH

- Ask yourself, "What do I need to nourish myself right now?"
- You might consider thinking of something rewarding or meaningful about work or home life
- If you've lost a loved one, think of ways to honor them
- You could consider connecting with others through a family activity, participating in cultural practices, or celebrating a success.

PRACTICING PRN:

- **PAUSE: Participate in virtual mindfulness programming:**
 - Move into Mindfulness: *The Basics*
 - Tuesdays, Feb 1 - March 15, 12PM-1PM
 - Move into Mindfulness: *Beyond the Basics*
 - Wednesdays, Feb 2 - March 16, 12PM-1PM
- **RESET: Participate in mental grounding, physical grounding, or soothing grounding.**
 - Mental grounding can be used when you feel scattered or unfocused
 - Describe your environment, describe an everyday activity in detail, or think of something that is important to you
 - Physical grounding can be used when you feel disconnected
 - Run warm/cold water over your hands, stretch, jump up and down
 - Soothing ground can be used when you feel difficult emotions or are stuck in negative thoughts
 - Say kind statements to yourself, think of your favorites, remember the words to an inspiring poem, song, or quotation
- **NOURISH: Participate in the Spring into Motion Wellness Challenge.** Spring into Motion is an eight week challenge that aims to boost energy and improve your health as you enjoy the benefits of an active lifestyle.

KEEP IN MIND:

- Practicing PRN will look different for everyone. You can utilize your own strategies and practices.
- The National Child Traumatic Stress Network writes the following about the PRN framework, "Remember to be compassionate with yourself and honor your unique context, values, and needs... What matters most is that you intentionally create spaces to use PRN strategies frequently enough to make a habit of slowing down and listening to your body, resetting your nervous system from stress to safety or from crisis to confidence. Take a step back from work when you can to “rest and digest” and nourish yourself."

