

Emotional Resilience: The Power of the Pause

Pausing:

- Provides space between the feeling and the reaction.
- Helps us use our evolved brain (prefrontal cortex) instead of our emotional brain
- Lets us respond instead of reacting which makes responding a conscious choice
- Focuses your energy on solving problems instead of reacting to them

Keep in mind:

- The pause can be a minute, a few hours or a few weeks.
- Notice what's coming up for you as you are thinking about your challenge. Are you noticing your shoulders tense? Does your heartbeat quicken? *Whatever is going on, observe it without judgment and write it here.*

How to use this log: Over the next three to five days (or for longer if you'd like), track your ability to pause before reacting. Two examples of how to use this log are below.

Date	Event	Pause before reacting? (Yes/No)	What did you learn?
Monday, 1/21	My boss gave me an unreasonable deadline (and without clear instructions).	Yes	Although I paused before reacting, I stewed about it for awhile.
Tuesday, 1/22	My husband and I talked about finances.	No	Money is an emotional trigger for me.

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“Does getting upset provide me with better options?”