

FINDING CALM IN THE CHAOS

Life often brings deadlines, social pressures, financial strain, and family dynamics. When these stack up, fatigue rises and wellbeing dips. Your best strategy is to shift focus to what you can regulate.

Your Core Controllable's:

- Sleep – consistent routines
- Nutrition – steady balanced meals
- Movement – short frequent activity bursts
- Mindset – intentional self talk and perspective shifts

THE P.A.U.S.E RESET

PHYIOLOGY (CLINICAL BREATHWORK)

Paced diaphragmatic breathing such as box breathing activates the parasympathetic system and reduces stress in minutes.

APPRECIATION (GRATITUDE INTERVENTION)

Identifying one to three things you are grateful for boosts mood, strengthens connection, and positively influences those around you.

UNSTICK (SOMATIC RELEASE TECHNIQUE)

A brief body scan and intentional release lowers physical tension and interrupts the stress cycle.

SEE IT DIFFERENTLY (COGNITIVE REFRAMING)

Reframing thoughts through reverse, wide, or long lenses reduces overwhelm and restores perspective.

EXECUTE (BEHAVIOURAL ACTIVATION)

Take one meaningful next step. Send the email, shorten the meeting, or step outside for a walk. Small actions shift momentum.

MICRO MOMENTS

Micro moments are small, repeatable cues in your day such as ending a meeting or starting your commute. Linking a quick P A U S E to these natural transitions builds calm through repetition, not willpower.

HOW THIS HELPS YOU FIND CALM IN THE CHAOS

By returning to your controllable's and applying evidence based tools to regulate your body, shift your thinking, and take purposeful action, you create pockets of calm even during demanding periods. A small P A U S E steadies your physiology, clears your mind, and resets your direction, giving you more calm, more capacity, and more control when life feels chaotic.