KyreneSchoolDistrict

SolaVieve®
Where Holistic Living Begins

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WELLNESS AT HOME, WORK, & BEYOND



THE POWER OF PAUSE: FINDING CALM IN A BUSY SEASON

As the holiday season approaches, life tends to pick up speed. Calendars fill, year-end deadlines loom, travel plans take shape, and the to-do list somehow gets longer instead of shorter. When there's already a lot competing for your attention, slowing down can feel like one more thing you don't have time for.

But taking a pause doesn't mean putting everything on hold. Sometimes it's simply a few seconds before answering an email, a quiet minute in the car before heading inside, or a moment to breathe before moving on to the next thing.

Those small breaks matter. When we rush from one demand to another, it's easy to stay in reaction mode without even realizing it. When that becomes our default, we're more likely to overlook what needs our attention, make rushed decisions, and carry the stress of one task or interaction straight into the next.

WHY PAUSING MATTERS

Gives Your Brain a Break

Mental fatigue builds when we stay focused on one task for too long. Even short breaks can help us feel less fatigued and more energized when we return to what we were doing. Research on workplace micro-breaks supports both of these benefits.

Creates a Buffer Before You React

An irritating email. A difficult conversation. A last-minute request. A brief pause gives you a beat between the trigger and your response—and time to choose your response.

Creates Space for Gratitude

When you're focused on your task list, positive moments are easy to miss. A pause can help you notice the good things—a nice conversation, a win, or someone whose help you appreciated.

Supports Total Well-Being

A pause provides an opportunity to check in with yourself. You may notice stress or needs like hunger, thirst or movement that were pushed aside during a busy day. This awareness can help you respond to what you actually need.



SIMPLE WAYS TO PAUSE

Building moments of stillness into your day doesn't require a complete schedule change. Consider trying one of these simple practices:

- Take three slow, deep breaths before beginning a new task.
- Step outside for a few minutes of fresh air and natural light.
- Enjoy a meal without multitasking or scrolling.
- Spend a few moments reflecting on what went well today.
- Take a short walk and focus on your surroundings.
- Pause before responding during stressful situations.

These small moments may seem simple, but they can have a meaningful impact on your mood, energy, and ability to navigate challenges.

DON'T MISS THE MOMENT

It's easy to spend a busy season focused on getting everything done—and realize later that you barely experienced it.

A pause won't make the calendar less full or the to-do list disappear. But it can help you notice the conversation, the laughter, the accomplishment, or the ordinary moment you might otherwise rush right past.

> **"How we spend our days is, of course, how we spend our lives."**
> — Annie Dillard, author, poet, professor

Highlight of the Month

THE POWER OF PAUSE MINI CHALLENGE

This month, practice creating intentional moments of stillness with these four simple steps:

1. **Schedule a daily pause** - Set aside five minutes each day to sit quietly, breathe, or simply be present without distractions.
2. **Create a gratitude moment** - Write down one thing you are thankful for each day, focusing on even the smallest positives.
3. **Take a mindful break** - Choose one activity each day—walking, eating, stretching, or drinking your coffee—and do it with your full attention.
4. **Reflect before reacting** - When faced with stress or frustration, pause before responding. Take a breath and consider how you want to move forward.

HEALTH COACHING



Schedule your coaching appointment today by emailing **Coach Bre** at BreanneM@solavieve.com