



# PACE Yourself

## Pause

throughout your day. Take a few mindful breaths. Offer yourself and others some grace.

## Acknowledge

reactivity, label your emotions, losses, and ambiguities. Notice and soften into body sensations.

## Compassionately

direct your energy toward things you can impact/control. Practice self-compassion.

## Engage

with others. Ask for support, ideas. Share your experience and feelings with someone you trust.