

PAUSE

A resource to help you think clearly when dealing with family issues

I read several times that it is useful to slow down.

I had heard this talked about when dealing with stress, acceptance & anger. I hadn't considered it when reacting to my family. So I started to take time to pause. Time to collect my thoughts and be focused.

How do you pause?!

It sounds such a simple thing to do, but in reality, how do you actually put it into practice?

- I stopped replying to text messages straight away.
- I stopped 'pinging' off emails immediately.
- I stopped picking up the phone to confront a problem immediately.
- I stopped answering the phone every time it rang.
- I stopped using the answerphone.
- I stopped putting things on social media as soon as the idea popped into my head.
- I stopped reacting to my family by popping to the loo or taking the dog out for a wee.
- I stopped replying immediately by getting myself a glass of water.
- I stopped answering emails when I first woke up and instead took a deep breath and let it out slowly.
- I started writing a list of things to do & allocating time slots.
- I started going for a walk to clear my head.
- I started making myself a cup of tea – 3 sips.
- I started to tell myself that Rome wasn't built in a day.

