

remember to take a

Mindful Moment

A mindful moment invites a pause in your busy life and is an opportunity to make a wise choice instead of a mindless reaction. As you tune in to what's happening right here, right now, thoughts, emotions, and sensations become clearer. The body and mind begin to relax. From this quieter place, you have the power to choose a response aligned with your values.

Here are three ways to help you remember to **pause**.

STOPP

Stop **T**ake a Breath **O**bserve **P**urpose **P**roceed

“Between stimulus and response there is a **space**. In that **space** is our power to choose our response. In our response lies our growth and our freedom.”

~Viktor Frankl

PNC

Pause **N**otice **C**hoose

3 C's

Catch It
Check It
Change It

