

Stress Relief + Resilience Program

Multi-Week • Virtual • Mindfulness-Based

Reduce stress, make space for wellbeing

Program Overview

In this program, you'll learn a powerful, life-changing set of skills to ease stress and anxiety, feel more grounded, and proactively take care of your mental and physical well-being during this unprecedented time.

Rooted in the latest research on mindfulness, neuroscience, and positive psychology, this evidence-based program will equip you with practical tools to profoundly support every aspect of your work and life.

Format:

- **Option A:** Six 60-minute sessions (held every other week over 12 weeks)
- **Option B:** Four 90-minute sessions (held every other week over 8 weeks)
- Daily pause practices for integration
- On-demand digital toolkit

Highlights

- Protected space to pause, gain perspective, and reset
- Interactive, educational experiences + personalized coaching
- Connection with colleagues in a supportive learning space
- Bite-sized, immediately actionable tools + strategies for bringing mindfulness into any routine

"Of all the things our district has focused on this year, this was hands down the best choice they could have made. The program truly was about doing something for yourself."

– Willamette ESD Program Participant

About Pause

Pause is a trusted leader in the modern mindfulness movement. Based on 40+ years of research, our unique Pause Method® training approach helps people heal and grow by tapping into their innate capacity for wakefulness, compassion, and resilience.

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Program Design



LIVE VIRTUAL TRAINING SESSIONS



DIGITAL STRESS RELIEF TOOLKIT



DAILY PAUSE PRACTICES