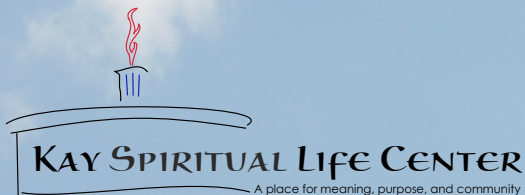




pause

**for rest, for meaning,
for community**

#AUPauses

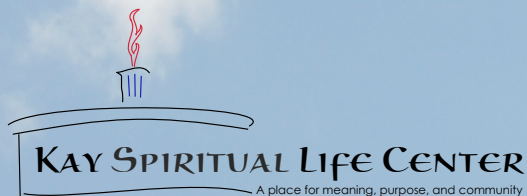




pause

**to think of something you're
thankful for**

#AUPauses



Health
Promotion &
Advocacy
Center

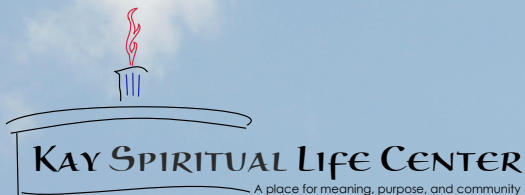




pause

to grab a coffee with a friend

#AUPauses



Health
Promotion &
Advocacy
Center

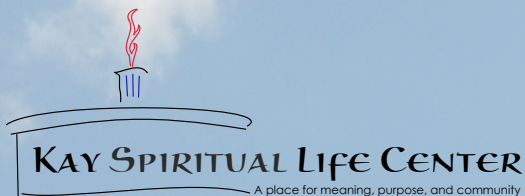




pause

**to sit and remember why you
wanted to go to college**

#AUPauses



Health
Promotion &
Advocacy
Center

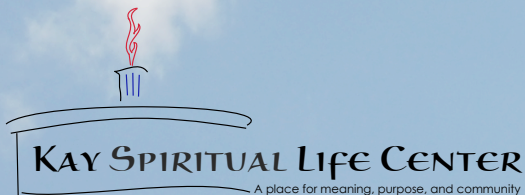




pause

to think of someone or something that makes you smile

#AUPauses



Health
Promotion &
Advocacy
Center

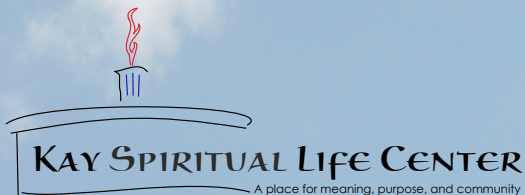




pause

**to remember what called you to
this work**

#AUPauses





pause

**to thank someone who has
made your week better**

#AUPauses

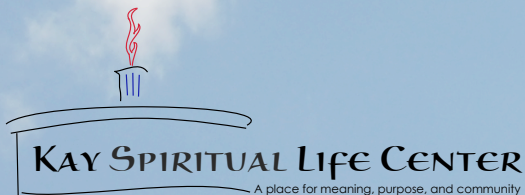




pause

**to hear the voice of inspiration
in the midst of the noise**

#AUPauses

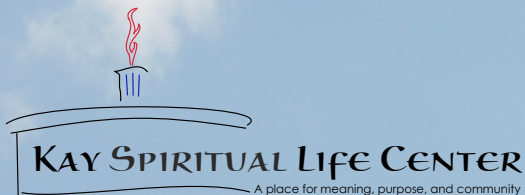




pause

**because caring for yourself is
an act of justice**

#AUPauses

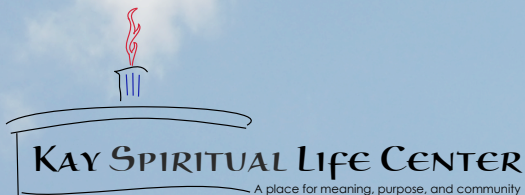




pause

**because a melody is defined by
the notes *and* the rests**

#AUPauses





pause

**to sit with a friend—or a book—
on the quad**

#AUPauses

