

Inhale for 4, hold for 4, exhale for 4.

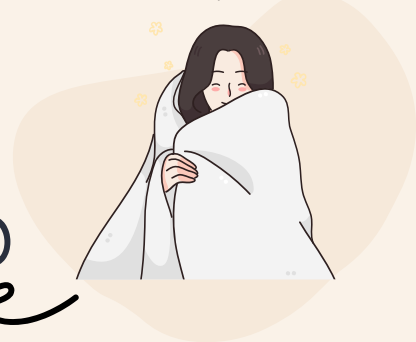
Repeat 3 times.



Step outside for fresh air.

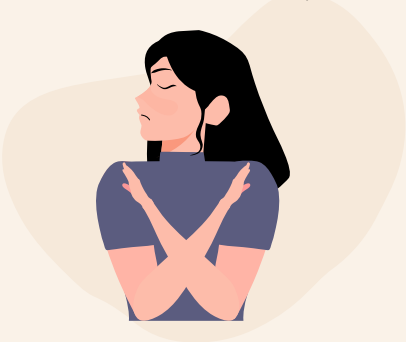


Rest is not a luxury; it's a necessity

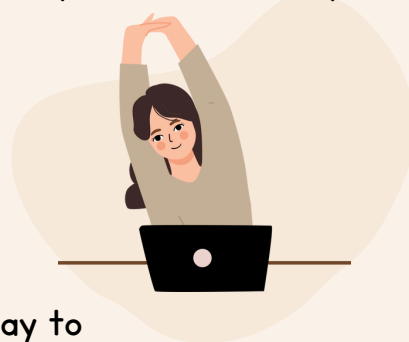


# PERMISSION TO *pause*

You're allowed to say "no."



Stretch your arms above your head.



You're doing enough, and it's okay to  
take a moment for yourself.



Inhale for 4, hold for 4, exhale for 4.

Repeat 3 times.



Step outside for fresh air.



Rest is not a luxury; it's a necessity

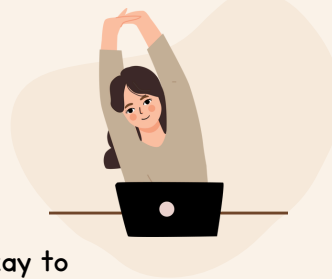


# PERMISSION TO *pause*

You're allowed to say "no."



Stretch your arms above your head.



You're doing enough, and it's okay to  
take a moment for yourself.



*teacher*  
TOOLBOX

You're allowed to say "no."

You're doing enough.

It's okay to rest.

Rest is a necessity.

Just breathe.

You're allowed to say "no."

You're doing enough.

It's okay to rest.

Rest is a necessity.

Just breathe.

Print the attached posters and spread the good word, you all have permission to pause!

You could pop this on your pin board near your desk as a daily reminder, or perhaps somewhere at home, like next to your mirror.

You may want to spread the word to others by sticking the poster up in the staff toilets, or staff room.

Option to cut along the dotted lines at the bottom to allow people to tear off a permission to pause slip.