Pause-Refresh-Nourish (PRN): Steps for Maintaining Wellness

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• Pause-Refresh-Nourish is a product of the National Child Traumatic Stress Network

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Dementors feed on human happiness and thus generate feelings of depression and despair in any person in close proximity to them.

- COVID-19 stress
  - Work stress
  - Family stress
  - Grief and loss

- Continued uncertainty
  - COVID-19
  - Racism and social injustice
  - Political climate
Our Protection

- Awareness
- Balance
- Connection
- Self-Care
A New Framework for Self-Care: PRN
• “Pausing” just means taking a few minutes to check in with yourself.

• Check in with your body, monitoring for tenseness and tightness.
  ▪ Where does your body hold the negative emotions?

• Check in with your mind and emotions to see what might be churning inside of you
  ▪ Frustration
  ▪ Anxiety
  ▪ Anger
  ▪ Grief
  ▪ Loss
• Acknowledge the feeling of being “uncentered.”
  ▪ Imagine letting this feeling go (leaf in a river).

• Actively do something to help you feel steadier, more calm, confident, or focused.
  ▪ Meditation
  ▪ Petting an animal
  ▪ Taking a walk
  ▪ Looking at a favorite photo

• Focus on something positive.
  ▪ Relaxation breathing
  ▪ Affirmation
  ▪ Sharing gratitude
  ▪ Watching something funny
  ▪ Talking with a colleague

• Practice self-compassion—what would you say to a friend or colleague to provide caring and support?
Three Steps for Interrupting Rumination

1. Name it (I’m ruminating again).

2. Let it go ...

3. Involve yourself in a 15-20 minute focused activity.

(Miller & Sprang, 2017)
• Ask yourself, “What do I need to nourish myself right now?”

• Consider ways to replenish your mind-body-heart-soul-spirit.
  ▪ Name one rewarding or meaningful moment at home and at work.
  ▪ Find a moment (or more) to be playful, lighthearted, joyful.
  ▪ Create your own affirmation or mantra you can repeat to yourself in times of stress.

• Remind yourself of WHY you went into this work in the first place and think of one way you are making a difference.
• Celebrate the small victories.

• Find ways to honor/commemorate someone who has died.

• Do something to help someone else (outside of work).

• Develop your personal self-care plan—what works for you may not work for someone else.
# Pandemic Essentials

<table>
<thead>
<tr>
<th>Sleep</th>
<th>Get enough sleep</th>
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<tbody>
<tr>
<td>5/30</td>
<td>5 fruits/vegetables and 30 minutes of exercise</td>
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<tr>
<td>Monitor</td>
<td>Caffeine intake</td>
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<tr>
<td></td>
<td>Mood-altering substances</td>
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<tr>
<td>Limit</td>
<td>Media exposure/trauma inputs</td>
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<tr>
<td>Stay grounded</td>
<td>Practice mindfulness</td>
</tr>
<tr>
<td>Maintain</td>
<td>Connections with loved ones and colleagues for support</td>
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</tbody>
</table>

(Mathieu, 2020)
Remember

KEEP CALM AND PRACTICE SELF-CARE