



Duke Psychiatry & Behavioral Sciences

Duke University School of Medicine

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

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 - Cuellar, R., Rains, M., Hendricks, A., Hirsh-Wright, A., Valenti, S., Grosso, C., Louie, K., & Brymer, M. (2020). Pause-Reset-Nourish (PRN) to promote wellbeing: Use as needed to care for your wellness! Los Angeles, CA and Durham, NC: National Center for Child Traumatic Stress
- Janis Williams, LCSW, Cheri Coleman, MSW, & Shristi Tiwari, MPH, Center for Child & Family Health

Dementors Among Us

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



Pause

- “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



Reset



- 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?

Reset

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)



Nourish

- 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.



Nourish

- 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

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

(Mathieu, 2020)

Remember

