**Pause. Breathe. Heal.**

**I Find Rest**

For just this moment, bring your attention to your breath.

Inhale deeply and settle yourself into your body.

Exhale the stress and tension you feel.

On your next *inhale*, pray, *I FIND REST*

And as you *exhale, IN YOUR SHELTER*

**I FIND REST**

**IN YOUR SHELTER**

Keep breathing this prayer for a few moments.

(Repeat the prayer several times)

Conclude, remembering: Even now, God is with you,

as near to you as your breath. Continue giving yourself

the gift to pause, breath, and heal knowing you are not alone.

**Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.**

*Psalm 91:1*

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