



Pause, Reset, Shine^{✦✦✦}

Your work keeps patients safe every single day. Don't forget to take care of *you*, too. Try one (or more!) of these quick resets:

- ☐ **Color It Out** 🖍️ – Relax with our Censis coloring pages.
- ☐ **Fresh Air Break** 🌿 – Step outside for a few minutes and breathe deep.
- ☐ **Snack & Chat** 🍎 – Grab a bite with a co-worker and recharge together.
- ☐ **Celebrate Wins** 🎉 – Jot down one way you made a difference today.
- ☐ **Gratitude Minute** ❤️ – Write one thing you're thankful for today.
- ☐ **Playlist Pause** 🎵 – Pop in a song that lifts your mood instantly.



*Give yourself grace.
What you do matters.*

