

Practice the PAUSE



What is the pause?

**THE MOMENT BETWEEN FEELING
SOMETHING AND REACTING TO IT.**

Pause—and learn to manage your emotions through...



COPE:
Thinking Skills



CALM:
Doing Skills



CARE:
Being Skills

Practice the Pause is based on the COPE, CALM, and CARE skills models developed by Kira Mauseth, PhD, Clinical Psychologist, Seattle University. These tools have been adapted for public use by Greater Columbia Accountable Community of Health, 8836 W Gage Blvd, Suite 202A, Kennewick, WA 99336 | (509) 567-5584



LEARN MORE ABOUT THE COPE, CALM, AND CARE SKILLS MODELS AT [PRACTICETHEPAUSE.ORG](https://practicethepause.org)