

PAUSE

Pause and be present:

In order to actively listen to our loved ones and their emotions, sometimes it is important to focus more intentionally on them, their presence and their feelings. We can do this by:

INSTEAD OF	TRY...
Replying to outside messages straight away	Putting the phone on silent, or waiting till later
Answering the phone when it rings	Check it's not urgent, then make a note to call back, or let them call back later
Answering emails immediately	Giving yourself a time to do so outside of family time
Doing something straight away	Make a to do list for when you're not on "family time". Remind yourself that Rome wasn't built in a day

Pause before reacting:

After a crisis point the adrenaline is coursing through the body. It is important to pause, to give time to step back, to process emotions and to reflect. Here are some ways to do so:

INSTEAD OF	TRY...
Reading or responding to messages that trigger emotions	Choosing your time to do so, when you are more calm
Replying to an email	Writing a draft and leaving it for 24 hours before checking and sending. Perhaps ask someone else to check it for you
Picking up the phone to confront a problem	Trying to process my thoughts in other ways (talk to a friend or journal)
Answering the phone	Leaving it to ring and returning the call when ready
Putting something on social media	Asking "Is it necessary?"
Reacting to a situation in the family	Getting yourself a glass of water, or going to the loo before responding. Maybe go for a walk or make a cuppa if you have more time