

**POWER CENTER PATH**  
Transforming Beliefs, Empowering Women

# **THE PAUSE THAT EMPOWERS**

**A SELF-CARE TOOLKIT**



***DISCOVER: How to Turn Small Pauses into  
Powerful Shifts—Even When Life Feels Chaotic!***

# WELCOME!

Hello, lovely one!

First of all, **I'm so glad you're here.** 🌟

You've taken a moment—for yourself—to open this booklet, and that, my friend, is a powerful first step.

As a powerful woman, I know you're juggling a million things at once, often giving so much to others that you forget to leave space for your own well-being. **I see you.** I understand the pressure, the overwhelm, and that deep desire for a sense of ease and balance amidst it all.

This little guide isn't just a collection of tips; it's an invitation. **An invitation to pause, breathe, and reconnect with your inner wisdom.**

Each exercise and practice inside this booklet has been carefully chosen to help you pause, instantly calm your racing mind, access the insights and creative impulses that may be hiding beneath the surface, and find a sense of ease in your daily life.

But I also know that sometimes, a guidebook isn't enough on its own. If you're feeling stuck and craving deeper support, **I'm here for you.**

## **One-to-One Coaching Support**

I offer a women-centered, 3-month, 1-to-1 coaching program designed specifically for high-achieving women like you who are feeling stuck and ready to break through barriers, tap into their inner wisdom, and create at a level of greater possibilities. Together, we'll create a space where you can explore, transform, and step into your most resourced and confident self.

# WELCOME!

## Special Support: One-Time Coaching Calls

Sometimes it can feel particularly challenging when family and social gatherings put us in close proximity to acquaintances and relatives who trigger us.

Sometimes we just need to tend to some feelings or raw emotions that are draining our energy as we try to grapple with them. I want you to know you don't have to navigate it alone.

For a limited time, I'm offering **one-time coaching calls to help you tackle whatever most pressing issues you're facing**. This is a rare opportunity—usually, these calls are only available within my 3-month program. Why? The reason is simple: true transformation is a process, not an event.

In my experience, lasting change requires time, consistency, and a safe space to explore, reflect, and integrate new insights.

That said, a single call can be powerful—it can spark awareness, uncover hidden barriers, and provide valuable clarity. So don't be shy, **book your free call here:**

[calendly.com/patriciawallinger](https://calendly.com/patriciawallinger)

Whether you need clarity, support, or just someone to help you sort through the overwhelm, I'm here to help you find your way back to ease.

Take your time. Try out the practices in this booklet and use what resonates. And know that you're not alone in this journey.

Here's to rediscovering your center and manifesting your greatest possibilities—one moment of ease at a time.

With love and a big virtual hug,  
Patricia

# TABLE OF CONTENTS

## **Neurolinguistic Programming Practices (NLP)**

1. Anchoring a Positive State
2. Reframing Limiting Thoughts
3. Visual Swish Pattern
4. Sensory Shifts
5. Future Pacing

## **Mindfulness Practices**

6. Five-Minute Mindful Breathing
7. Body Scan Meditation
8. Mindful Observation

## **Quick Stress Reduction Techniques**

9. Progressive Muscle Relaxation (PMR)
10. Box Breathing
11. Grounding Exercise (5-4-3-2-1 Method)

## **Cognitive Approaches**

12. Gratitude Journaling
13. Reframe Negative Thoughts
14. Set Daily Intentions



# TABLE OF CONTENTS

## **Other Physical Practices**

- 15. Gentle Movement or Stretching
- 16. Take a Nature Walk
- 17. Physical Relaxation Response

## **Other Alternative Stress Reduction Practices**

- 18. Mini-Meditation (3-Minute Pause)
- 19. Positive Affirmations
- 20. Visualization (Safe Space Exercise)
- 21. Mindful Eating
- 22. One-Minute Journaling
- 23. Power Pose
- 24. Laughter Exercise
- 25. The “STOP” Technique
- 26. Micro-Breaks
- 27. Practice Saying No
- 28. Digital Detox Moments
- 29. Express Gratitude to Someone
- 30. Connect with Supportive People



## 1. Anchoring a Positive State

### What it is:

Anchoring is a technique to associate a specific physical gesture with a positive emotional state. Once established, you can activate the anchor to recall that state quickly.



### How to do it:

1. Recall a vivid, positive memory where you felt calm, confident, or joyful. Close your eyes and immerse yourself in that moment.
2. As you feel the emotion intensify, gently squeeze your thumb and forefinger together. Hold the squeeze for 5-10 seconds, then release.
3. Repeat the process 2-3 times, each time recalling the positive feeling and using the same finger gesture.
4. Test the anchor: squeeze your thumb and forefinger without thinking of the memory and notice if the positive feeling returns.

### Example:

Think of a peaceful walk on the beach. As you feel relaxed and joyful, squeeze your thumb and forefinger. Later, when stress hits, use this anchor to recall that beach feeling instantly.



## 2. Reframing Limiting Thoughts

### What it is:

Reframing involves changing how you interpret a situation to see it from a more empowering perspective. This can reduce stress and open new possibilities.

### How to do it:

1. Identify a limiting or negative thought (e.g., "I can't handle this.")
2. Ask yourself:
  - "What else could this mean?"
  - "How would someone I admire handle this?"
  - "What can I learn from this experience?"
3. Replace the original thought with a new, more balanced one (e.g., "This is challenging, but I can find a way through it.")



### Example:

If you're overwhelmed by work, instead of thinking, "I'm failing," reframe it as, "This is an opportunity to prioritize and grow my resilience."

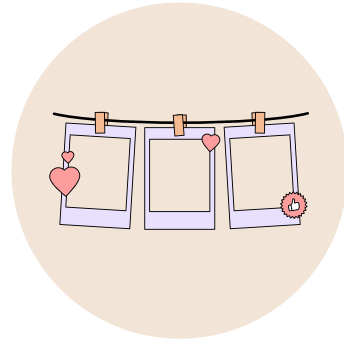
### 3. Visual Swish Pattern

#### What it is:

The Swish Pattern helps replace a negative mental image with a positive one, reducing emotional impact.

#### How to do it:

1. Picture a stressful scenario in detail (e.g., a difficult conversation).
2. If you are finding it challenging to imagine this, try to recall an experience from the past.
3. Create a positive image of yourself confidently handling the situation. Make this image bright and vivid.
4. In your mind, "swish" the two images:
  - Shrink the stressful image down to a small dot and move it far away.
  - Simultaneously, bring the positive image closer, making it larger and more vivid.
5. Repeat 5-6 times, faster each time.



#### Example:

If public speaking stresses you out, imagine feeling anxious on stage. Then, picture yourself calm and speaking smoothly. Swish the images to replace anxiety with confidence.



## 4. Sensory Shifts

### What it is:

Sensory details are the finer nuances of your sensory experience (e.g., color, size, distance). Changing these elements can reduce the emotional impact of a memory.



### How to do it:

1. Recall a stressful memory. Notice its visual and sensory details (color, size, sound).
2. Alter these details:
  - Make the image black-and-white instead of color.
  - Shrink it to the size of a postcard or move it far away.
  - Lower the volume of any sounds.
3. Notice how the emotional intensity decreases.

### Example:

If a memory of a conflict is troubling, visualize it in black-and-white and move the image far away in your mind. This detachment reduces emotional weight.

## 5. Future Pacing

### What it is:

Future pacing involves mentally rehearsing a future event to prepare yourself emotionally and behaviorally.

### How to do it:

1. Think of an upcoming situation that may cause stress.
2. Visualize yourself handling it calmly and successfully. Notice every detail: how you speak, your posture, and your facial expressions.
3. Run through this “mental movie” several times, focusing on the positive outcome.

### Example:

If you’re worried about a holiday family gathering, imagine yourself staying calm and responding kindly, even if someone tests your patience. Visualize your success to create a sense of preparedness.



## 6. Five-Minute Mindful Breathing

### What it is:

A quick, focused breathing exercise to calm the nervous system and reduce stress.

### How to do it:

1. Sit comfortably with your back straight. Close your eyes or soften your gaze.
2. Inhale slowly through your nose for 4 counts, hold for 4 counts, and exhale gently through your mouth for 6 counts.
3. Repeat for 5 minutes, focusing only on the rhythm of your breath. If your mind wanders, gently bring your focus back to the breath.

### Example:

Use this technique during a stressful moment, like before a meeting or after reading upsetting news, to regain calm quickly.



## 7. Body Scan Meditation

### **What it is:**

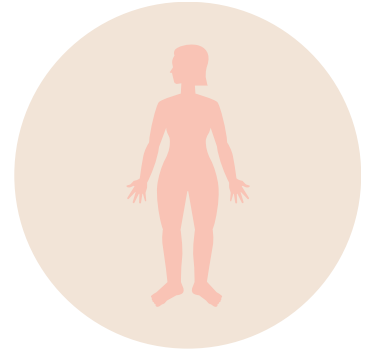
A mindful check-in with your body to identify and release tension.

### **How to do it:**

1. Lie down or sit comfortably. Close your eyes.
2. Bring your attention to your toes. Notice any sensations or tension. Breathe into that area and release.
3. Slowly move your focus up through your body: feet, legs, torso, arms, neck, and head.
4. Spend 1-2 minutes on each area, relaxing consciously.

### **Example:**

Use this before bed to relax deeply and improve sleep quality.



## 8. Mindful Observation

### What it is:

A simple exercise to anchor yourself in the present moment by focusing on one object.

### How to do it:

1. Choose an object (e.g., a leaf, pen, or cup). Hold it or place it in front of you.
2. Observe it as if you've never seen it before. Notice its color, shape, texture, and any patterns.
3. Focus solely on the object for 2-3 minutes, letting go of other thoughts.

### Example:

Practice this when you feel overwhelmed to bring your focus back to the present. It may help to put yourself in the mind of a young child that sees with awe at the clouds or an ant. Try to mimic that curiosity in your observation practice.



## 9. Progressive Muscle Relaxation (PMR)

### **What it is:**

A technique to release physical tension by tensing and relaxing different muscle groups.

### **How to do it:**

1. Start at your feet. Tense the muscles tightly for 5 seconds, then release. Notice the relaxation.
2. Move up through your body: calves, thighs, abdomen, chest, arms, and face.
3. Focus on the contrast between tension and relaxation.

### **Example:**

Use PMR at the end of a long day to unwind and ease physical stress.



## 10. Box Breathing

### What it is:

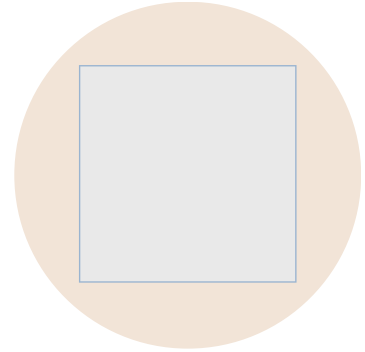
A structured breathing pattern to quickly calm the mind and body.

### How to do it:

1. Inhale through your nose for 4 counts.
2. Hold your breath for 4 counts.
3. Exhale through your mouth for 4 counts.
4. Hold for another 4 counts.
5. If it helps, imagine tracing the sides of a square with each count.
6. Repeat for 4-5 cycles.

### Example:

Practice box breathing before or during high-stress situations, like giving a presentation or handling a difficult conversation.





## 11. Grounding Exercise (5-4-3-2-1 Method)

### What it is:

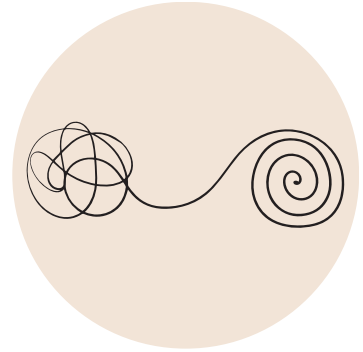
A quick sensory exercise to reduce anxiety by connecting with your surroundings.

### How to do it:

1. Identify 5 things you can see.
2. Touch 4 objects around you.
3. Listen for 3 sounds.
4. Notice 2 smells.
5. Identify 1 thing you can taste (or simply notice the taste in your mouth).

### Example:

Use this method during moments of panic or overwhelm to ground yourself in the present. Naming things out loud as you find them (even if it is just a whisper) brings even more presence and helps ground yourself even faster.



## 12. Gratitude Journaling

### What it is:

A simple practice to cultivate positive emotions and shift focus from stress to appreciation.

### How to do it:

1. Each evening, write down 3 things you're grateful for. Be specific (e.g., "I enjoyed a peaceful cup of tea").
2. Nothing is too small to note!
3. Reflect on why these moments mattered.
4. If it helps, you can think of a time in your life when you didn't have that to bring a perspective of gratitude to your mind.

### Example:

This habit, when practiced consistently, has been shown to boost mood and overall well-being.



## 13. Reframe Negative Thoughts

### What it is:

A cognitive exercise to challenge and replace unhelpful thoughts with more balanced perspectives.

### How to do it:

1. Identify a stressful thought (e.g., "I can't do this").
2. Ask: "Is this absolutely true? What evidence supports it?"
3. Replace it with a balanced thought (e.g., "This is hard, but I'm learning and trying my best" or "I've done hard things before, I can do that this time too").

### Example:

Practice reframing during moments of self-doubt to shift your mindset from defeat to growth.



## 14. Set Daily Intentions

### **What it is:**

A mindful way to guide your day with purpose and focus.

### **How to do it:**

1. Each morning, take a minute to reflect on your day ahead.
2. Set a clear intention or theme (e.g., "Today, I will respond with kindness").
3. Remind yourself of this intention throughout the day.

### **Example:**

Use it as a GPS for your destination today. Daily intentions create a sense of purpose and guide your behavior during stressful moments.



## 15. Gentle Movement or Stretching

### **What it is:**

Light physical activity to release tension and improve mood.

### **How to do it:**

1. Stand up and stretch your arms overhead. Take a deep breath.
2. Gently roll your neck, shoulders, and wrists.
3. Do a few side stretches or forward bends.

### **Example:**

Use this when sitting for long periods or feeling stiff. Just 5 minutes can reset your body and mind.



## 16. Take a Nature Walk

### **What it is:**

Walking in nature reduces cortisol levels and boosts mood.

### **How to do it:**

1. Take a 15-minute walk outside, preferably in a natural setting.
2. Pay attention to your surroundings: the sounds, colors, and smells.
3. Notice your breathing.

### **Example:**

Even a short walk in a park or by a river can significantly reduce stress and improve clarity. Don't have something like this near you? Take 5 minutes to walk around the block and look for anything green you can spot!



## 17. Physical Relaxation Response

### What it is:

A deep-breathing technique mimicking the body's natural sighing reflex.

### How to do it:

1. Inhale deeply through your nose.
2. Exhale audibly through your mouth with a long, slow sigh.
3. Repeat 3 times, noticing how your body relaxes.

### Example:

Use this when you feel tension rising to calm your nervous system quickly. If it feels safer, go to a place where you are by yourself (even if that is the washroom!), take one long breath, as long as you can, and let it go. Do a quick check-in with yourself afterwards. Notice how the body feels.





## 18. Mini-Meditation (3-Minute Pause)

### What it is:

A quick meditation to reset your mind during a stressful moment.

### How to do it:

1. Find a quiet space and sit comfortably.
2. Set a timer for 3 minutes. Choose soft, gentle sound for your timer!
3. Close your eyes or soften your gaze.
4. Take a deep breath in through your nose and exhale slowly through your nose.
5. For the next 3 minutes, focus on your breath coming in and out of your nostrils. Notice the inhale, the exhale, and any sensations. If your mind wanders, gently bring it back to your breath.



### Example:

Use this between tasks or meetings to reset your focus and reduce mental clutter.

## 19. Positive Affirmations

### What it is:

Repeating short, empowering statements to shift your mindset and reduce stress.

### How to do it:

1. Choose an affirmation that resonates with you (e.g., “I am calm and in control” or “I handle challenges with grace”).
2. Repeat it aloud or silently, especially when feeling stressed.
3. Use a mirror for added impact—say the affirmation while looking at yourself.

### Example:

Start your day with affirmations or use them as a quick reset when negative thoughts arise.



## 20. Visualization (Safe Space Exercise)

### **What it is:**

A mental exercise to create a calming "safe space" in your mind.

### **How to do it:**

1. Close your eyes and take a few deep breaths.
2. Imagine a place where you feel completely safe and relaxed (it could be a beach, forest, or a room you love).
3. If imagination is not your thing, try thinking (remembering) a place where you felt safe and relaxed in the past.
4. Engage all your senses: What do you see, hear, and feel? Spend 2-3 minutes there.

### **Example:**

Use this when you need a quick mental escape from stress or anxiety.



## 21. Mindful Eating

### **What it is:**

Eating with full awareness to reduce stress and improve digestion.

### **How to do it:**

1. Choose a small snack (like a piece of fruit, a cracker, or chocolate).
2. Before eating, notice its color, texture, and smell.
3. Take a small bite and chew slowly, paying attention to the taste and texture.
4. Eat slowly, without distractions, savoring each bite.

### **Example:**

Practice this when you are feeling a stress-induced craving or during one meal a day to turn a routine activity into a moment of mindfulness and calm.



## 22. One-Minute Journaling

### What it is:

A quick way to release thoughts and emotions through writing.

### How to do it:

1. Set a timer for 1 minute with a soft alarm sound, or use a glass-hour sand timer from a board game.
2. Write whatever comes to mind, without editing or judging. It could be a thought, feeling, or frustration.
3. When the timer stops, close the notebook and take a deep breath.
4. Exhale slowly and smile (even if you don't feel like it).

### Example:

Use this before bed to clear your mind or during stressful moments to release pent-up emotions.



## 23. Power Pose

### What it is:

A physical posture that can boost confidence and reduce stress hormones.

### How to do it:

1. Stand with your feet shoulder-width apart. Place your hands on your hips or raise your arms in a “V” shape (victory pose).
2. Hold the pose for 2 minutes, breathing deeply.
3. Notice any shifts in your mood or confidence.

### Example:

Do this before a challenging situation, like a presentation or difficult conversation, to feel more empowered.



## 24. Laughter Exercise

### What it is:

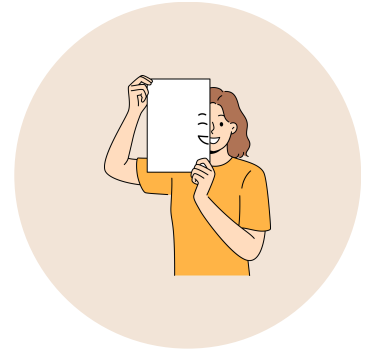
A quick way to reduce stress by triggering endorphins through laughter.

### How to do it:

1. Set a timer for 1 minute.
2. Force yourself to laugh (even if it feels silly). Try remembering a time where you laughed so hard that you started tearing up, or you almost choked... look in your memory files for one occasion!
3. Bring up the details of that experience and laugh at it again as if was happening right now.
4. The forced laughter often turns into real laughter. Allow yourself to enjoy it.
5. Notice how your body feels afterward.

### Example:

Use this alone or with friends when you need a quick mood boost. Feeling embarrassed? Go to your car, sit on a bench at a park, if anything, your laughter may be contagious and get other people laughing as well. Even fake laughter has benefits!





## 25. The “STOP” Technique

### What it is:

An acronym-based exercise to interrupt stress and gain perspective.

### How to do it:

- 1.S — Stop: Pause what you’re doing.
- 2.T — Take a deep breath: Inhale slowly, then exhale fully.
- 3.O — Observe: Notice what’s happening around you and inside you (thoughts, feelings, sensations).
- 4.P — Proceed: Choose your next action mindfully, not reactively.

### Example:

Use this technique whenever you feel overwhelmed or about to react impulsively. This simple technique can help you to switch between reacting to responding.



## 26. Micro-Breaks

### **What it is:**

Short, intentional pauses to refresh your mind and prevent burnout.

### **How to do it:**

1. Set a timer to remind yourself to take a 5-minute break every hour.
2. During the break, step away from your workspace. Stretch, walk around, or simply close your eyes and breathe deeply.
3. Avoid checking your phone or doing anything mentally stimulating. Focus on relaxation.

### **Example:**

Use micro-breaks to reset during long work sessions. Even a few minutes of mindful rest improves focus and reduces fatigue.



## 27. Practice Saying No

### What it is:

A boundary-setting practice to protect your time and energy.

### How to do it:

1. Pause before committing to new requests. Consider your current workload and emotional capacity.
2. Practice polite but firm responses:  
"Thank you for thinking of me, but I will decline for now."
3. Make a list of possible ways to say no.  
Can you say no without explaining yourself?
4. Remember that saying no to others means saying yes to your well-being.



### Example:

Use this technique when feeling overwhelmed by commitments. It's a powerful way to prioritize self-care without guilt.

## 28. Digital Detox Moments

### What it is:

Scheduled breaks from screens to reduce mental overstimulation and promote calm.

### How to do it:

1. Choose specific times (e.g., the first hour after waking or 30 minutes before bed) to disconnect from all digital devices.
2. Replace screen time with a calming activity: coloring, reading a book, meditation, or taking a walk.
3. Notice how you feel afterward—more present, relaxed, and focused.

### Example:

Try a “no-phone zone” during meals or conversations to deepen connections and reduce stress. You can also combine this with any other mini breaks.



## 29. Express Gratitude to Someone

### What it is:

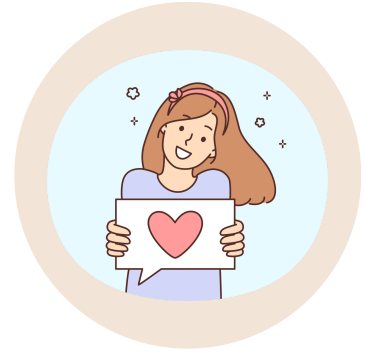
A quick act of kindness that boosts mood and strengthens connections.

### How to do it:

1. Think of someone you appreciate or think of one thing you appreciate receiving from someone.
2. Send them a quick thank-you message or express your gratitude in person. Be specific about why you're thankful.
3. Notice how this act of kindness makes you feel. Gratitude releases oxytocin, enhancing well-being.

### Example:

Start or end your day by sending a gratitude text. It fosters positivity and strengthens relationships.



## 30. Connect with Supportive People

### **What it is:**

Engaging with others who understand and support you reduces feelings of isolation.

### **How to do it:**

1. Reach out to a trusted friend or family member.
2. Reach out to a helpline or professionals that can offer specialized support.
3. Share how you're feeling and listen actively to them.
4. Join supportive groups or communities (like this women's circle!) where you can share experiences and gain perspective.
5. Regularly check in with your support network.

### **Example:**

Schedule weekly catch-ups with a friend or join an online group. Social connection is a powerful stress reliever.



# JOIN MY ONE-TO-ONE 3-MONTH COACHING PROGRAM NOW!

**Find clarity and ease,  
without adding more to your plate,  
even if you've been stuck in survival mode longer  
than you can remember.**

Lovely one, you're holding an incredible resource in your hands—  
*The Pause That Empowers: A Self-Care Toolkit.*

But let's be real: life as a multitasking woman can be overwhelming, and often unpredictable. Having this self-care guide is one thing, but there's so much more support you can tap into to bring ease and clarity into your daily life.

Without the right support, it's easy to let your well-being slide to the bottom of the priority list. But neglecting your inner needs doesn't just affect you—it impacts your relationships, your creativity, and your overall sense of fulfillment. And, over time, it can lead to deeper issues like chronic stress, burnout, or feeling completely disconnected from yourself.

## **That's Why I Created The 12-week individual COACHING Program!**

This 3-Month Coaching Program is designed to be your lifeline during challenging times when you find yourself stuck on survival mode—a space where you'll find clarity that is unique to you and your life circumstances, and learn proven strategies to regain control over your endless thinking.

### **Here's What You'll Get:**

- 12 individual coaching sessions to identify key issues and leverage points to address.
- Formal check-in between sessions (I will reach out to you to check in on progress and well-being)
- Unlimited Q&As via text during the week [this won't last long!]
- Private Facebook Group Access
- Video recordings of the sessions (upon request).



**Your well-being isn't a luxury—it's the key to everything you want to create.**

*Take the Next Step Today:*

**Visit: [www.powercenterpath.com](http://www.powercenterpath.com)**

*Book your free clarity call and explore how the 3-month Coaching Program can support you. Because when you feel better, you help everyone around you!*