**Pause. Breathe. Heal.**

**Humble and Gentle One**

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, *HUMBLE AND GENTLE ONE*

And as you *exhale, YOU ARE REST FOR MY SOUL*

**HUMBLE AND GENTLE ONE,**

**YOU ARE REST FOR MY SOUL**

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, breathe, and heal knowing you are not alone.

**Come to me, all you who are weary and burdened, and I will give you rest.**

*Matthew 11:28-30*

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