**Pause. Breathe. Heal.**

**Both Day and Night**

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, *BOTH DAY AND NIGHT*

And as you *exhale, BELONG TO YOU*

**BOTH DAY AND NIGHT**

**BELONG TO YOU**

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, breath, and heal knowing you are not alone.

**The day is yours, and yours also the night; you established the sun and moon.**

*Psalm 74:16*

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