**Pause. Breathe. Heal.**

**Be Still**

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, *BE STILL*

And as you *exhale*, *AND KNOW THAT YOU ARE GOD*

**BE STILL**

**AND KNOW THAT YOU ARE GOD**

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.

**He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."**

*Psalm 46:10*

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