**Pause. Breathe. Heal.**

**Do Not Be Afraid**

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, *DO NOT BE AFRAID*

And as you *exhale, I AM WITH YOU*

**DO NOT BE AFRAID**

**I AM WITH 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.

**Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.**

*Psalm 23:4*

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