

Reduce Stress and Revitalize Yourself Using The Power of Pause

As professionals in addiction treatment, we are constantly challenged to stay engaged and avoid compassion fatigue. In this intense work environment, it is all too easy to lose sight of our passion and commitment in the day-to-day work that must get done. Studies have shown that mounting pressure can lead to:

- Stress
- Exhaustion
- Difficulty concentrating
- Irritability
- Decreased levels of work satisfaction
- Compassion Fatigue

And the quality of your contribution decreases in direct response.

This experiential workshop draws on principles from Linda's book, *The Power of Pause: simple meditations for complicated lives*. Participants are led through exercises that teach you how to stop, become aware of behaviors and thoughts that can cause stress and overwhelm, and immediately drop into a calmer place that brings more clarity, effectiveness, and a sense of peace.

Applying the Power of Pause in the recovery environment reduces stress and increases your ability to remain fully engaged in any situation. In this workshop you will receive concrete tools to help you increase your level of work satisfaction and the impact you make on your clients.

Linda's dynamic approach, which blends didactic and experiential learning with discussion, inspires participants to push their edge: Participants will practice the skills presented alone and with a partner. Plenty of time will be woven throughout for Q & A and discussion.