

# Pause

*A small deck for the moments when everything feels  
urgent — and nothing actually is.*

This is not an  
emergency.

*You can slow down.*

Nothing needs to  
be solved right  
now.

You are allowed to  
move at a gentler  
pace.

Take one breath  
*before the next thought.*

It's okay to pause  
*without explaining.*

What's here is  
enough for this  
moment.

