**Pause. Breathe. Heal.**

**You Are Our Refuge**

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, *YOU ARE OUR REFUGE*

And as you *exhale, AND OUR STREGNTH*

**YOU ARE OUR REFUGE**

**AND OUR STRENGTH**

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.

**God is our refuge and strength, an ever-present help in trouble.**

*Psalm 46:1*

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