

Finding Your PACE

To find your PACE, explore doing these four activities. As you become familiar with them, you can use just the ones you most need to find your PACE. Many people tell us that, especially during times of stress, they value having this way to restore a natural pace. Start with Sipping Water, then do Brain Buttons and continue on around the circle, letting each of the activities build upon the one before:



The Cross Crawl

ACTIVE



Part I



Part II

Hook-ups

POSITIVE



Brain Buttons

CLEAR



ENERGETIC



Sipping Water