

# UVA FEAP On The FLY

## Managing a Prolonged Challenge

### With Pausing, Pacing, Prioritizing

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“When Mountaineers commit to taking on Mount Everest, they’d be naïve to expect a smooth journey.” (Alia Crum, PhD)

*“What is essential and deserves my precious attention, and what is non-essential and can be released?”*

*Gregory Kramer*

Often times, when we face challenging circumstances especially, we focus on what is yet to be done and forget to acknowledge what we have already accomplished successfully and well. Pausing to notice the successes and accomplishments, along the way, is valuable as it reminds us of strength, wisdom and resources, (both within us, and around us), that can help us continue to move forward in a sustainable way.

Pausing also to recall our wisest intention, throughout the day, will help us make wise choices and respond with intention and purpose rather than react in a habitual, distracted or unconscious way. Below are brief guided exercises designed to help you recall and ground in your wisest intention. Some people find it helpful to practice before beginning a meeting or huddle. If you like, you can click on the images to try a brief practice now.

S.T.O.P. 2:15 minutes

Micro-Reflective Practice  
Takes 3 breaths



3 minutes

***“It’s important to know who you are and make decisions to show who you are.”***

***Malaya***

UVA FEAP is OPEN and remains available to you even during this time of social distancing. Contact us for individual and team support via phone or HIPAA compliant ZOOM.

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