

# T.A.P. (Take a Pause)

What can you do to slow down a racing mind, calm feelings of panic or stop a barrage of negative thoughts?

Try taking a pause – and bringing yourself into the present moment.

T.A.P. (Take a Pause) is a collection of brief videos demonstrating **mindfulness exercises** you can do whenever you need to restore calm and focus.

- Series Introduction
- Guided Meditation
- Body Scan
- Mindful Eating
- Grounding Exercise



To watch the videos , visit <https://bit.ly/3yaDomj> or scan the QR code above.



T.A.P. presenter **Chardae Korhonen, LMSW**, is a youth and family outreach specialist for the State of Michigan's [Stay Well program](#) and a mental health service coordinator for a Washtenaw County high school. A licensed clinical social worker, Chardae worked for 11 years providing crisis intervention services and mental health support to youth and families experiencing housing instability. She also managed a program providing harm reduction-based substance use treatment to adolescents and young adults.



# STAY WELL

[Michigan.gov/StayWell](https://Michigan.gov/StayWell)