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.