

PAUSE HERE

A TOOLKIT FOR
ACADEMIC WELLNESS



BOOCE TEACHES

TABLE OF CONTENTS

Welcome Note	1
Letter to Your Future Self	2
Reflect + Refill	3
Pause + Fill Check-in	4
Restore the Hum of Your Day	5
Gentle Reset	6
Systems of Support	7
Grace Reminder	8

WELCOME NOTE

Dear Scholar,

You are more than welcome to pause here. I commend you for taking your rest seriously. As you already know, the college journey is not easy, but you are more than capable of making this journey what you want it to be. Allow this toolkit to support your journey of being present with yourself, free from the distractions of ambition. You deserve all the great lessons that life has to offer, all the joys you have yet to encounter, and all the understanding and self-love that you can muster. I hope today is the start of better days for you.

You got this, Scholar! It's time you live the dreams aloud that you only whispered; it's time to take up all the space you never thought you deserved; and finally, it is time to show up for you in ways you only imagined others would.

Take good care of yourself,

Dr. B

Letter to Your Future Self

Write a letter to your end-of-the-week or end-of-the-semester future self.

Prompt: Who do you hope to become by the end of the week or semester?

Refill + Reflect

What is going well with you this week?

What is not going well with you this week?

Why is going blah or okay with you this week?

Pause + Feel Check-in

(Circle all that apply.):
I feel...

Excited	Tired	Calm
Disconnected	Joyful	Focused
Bored	Hopeful	Curious

Pick two or three emotions that stood out.

Ask yourself:

What do I need more or less of at the moment?

What can I do to support myself at this time?

Who can I reach out to for support, encouragement,
or simply to be heard right now?

What can I let go of that I have no control over?

Restore the Hum of Your Day

Reflect on your current morning or evening routines.

List the steps to your morning routine.

(Adjust accordingly.):

- 1.
- 2.
- 3.
- 4.
- 5.

List the steps to your evening routine.

(Adjust accordingly.):

- 1.
- 2.
- 3.
- 4.
- 5.

What small shifts could you make to move through your day with more flow and ease?

Gentle Reset

Reflect on your current morning or evening routines.

Take a deep breath

Please feel free to adjust as needed to suit your own comfort.

Inhale for a count of 4 (1-2-3-4)

Hold for a count of 2 (1-2)

Exhale for a count of 6 (6-5-4-3-2-1)

Affirmations:

- My day will begin with ease.
- I am allowed to pause and reset.

Create a reset playlist:

- 1.
- 2.
- 3.
- 4.
- 5.

Set three mini goals for the next 7 days:

- 1.
- 2.
- 3.

Systems of Support

Create your personal system of support.

	Location	Hours
Academic Advising		
Counseling Services		
Wellness Center		
Tutoring Center		

Grace Reminder

Give yourself the same grace you give others.

Please remember there is only one you. Like all of us, you are living this life for the first time. You are doing the best you can with the information and experience you have. Embrace your college journey as an opportunity to discover who you are becoming. No one is expecting you to have it all figured out.

Take a moment to pause here. Pausing allows you to assess and realign. Remember, pausing here is an act of bravery.

Pause Here. Begin Again.

Give yourself permission to breathe, reflect, and reset. You are enough even in the in-between.

Bravery looks like slowing down. **Start there.**

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This toolkit was created and curated by Dr. Tanya Boucicaut for educational and personal reflection.