# Restorative Pause Budget

Anxiety & Stress | 30 minutes | 3-12 participants | Adults and teens 13+ with appropriate facilitation

## Purpose

Find possible pauses within real constraints rather than adding another obligation.

Materials: Paper or a printable handout, Pens or an accessible writing alternative, Optional blank cards or simple drawing materials

## Invite and agree - 3 minutes

Name the purpose and the right to pass, observe, write, or use fiction. Agree that people share only their own experiences and do not promise absolute group confidentiality.

## Introduce the example - 3 minutes

A worker has limited control over breaks. Ask what is known and what is still a guess.

## Practice: Mapping - 17 minutes

Find possible pauses within real constraints rather than adding another obligation. Create a simple diagram or table. Label relationships, gaps, or choices; participants decide which connections fit.

## Reflect together - 4 minutes

What pause is feasible in this setting? Ask what fit, what did not fit, and what would make the exercise more accessible. Do not interpret another person's response.

## Choose a next step - 3 minutes

Invite one optional action, support request, or question to carry forward. Passing is a valid closing response. Confirm how to seek appropriate support outside the activity.

## Facilitator fit and boundaries

Use ordinary concerns. Do not prescribe exposure or insist on internal or breathing-focused exercises.

Offer observation, private writing, or a fictional example. Adapt instructions and group size to access needs. No client responses are collected by this page.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Conceptual reading: TIP 41: Substance Abuse Treatment: Group Therapy, TIP 57: Trauma-informed Care in Behavioral Health Services. Source links appear on the online activity page.