

Do worries stick to you?

**Pause
Breathe
Smile**



Brought to schools
by Southern Cross



Worries can stick like sticky fuzzballs. They can slow us down and distract us from what we want to do.

Sometimes it can help to Pause and Breathe. You may even manage a Smile. Pause Breathe Smile with Southern Cross, helps create positive mind health and resilience. To find out more, visit www.pausebreathesmile.nz