

The PAUSE Process: Strengthening Protective Factors Through Connection

Merri Guggisberg
MKG Parent Coach

—mindfulness—kindness—gratitude—



mkg
PARENT COACH



mk

PARENT COACH

Who was your one?

Turn to your neighbor and share:

- Who was one adult—outside your immediate family—who made you feel seen or supported when you were younger?
- What did they do that made an impact on you?



Protective Factors 101

Strengthen:

- Emotional connection
- Resilience in children & adults
- Regulation skills
- Problem solving
- Builds belonging

Protective Factors grow through
everyday moments of connection



What Helps Young People Thrive?



- Strong, Caring Relationships
- Understanding Youth Development
- Adult Resilience
- Supportive Community Connections
- Access to Basic Needs
- Emotional Skills and Support



PAUSE

Mindfulness

Smell the flower



Blow out the candles

Learn to take a loving PAUSE and bring back joy!



Presence

Be present with yourself; body, mind and heart.



Attentive

Give full attention & validate feelings – including yours.



Understand

Listen to understand everyone's feelings, including yours.



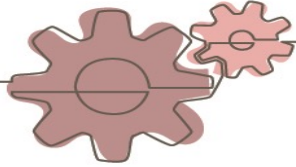
Support

Ask yourself, “What support do I need to provide the best care?”



Explore

Explore solutions together.
Collaborate on next steps.



Presence

Attentive

Understand

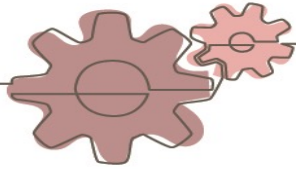
Support

Explore



Conversation Starter:

What do you notice about how things like vaping or weed are talked about on social media or in music?



Presence

Attentive

Understand

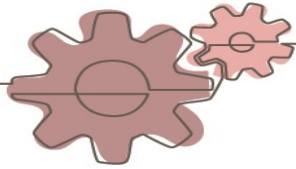
Support

Explore



Conversation starter:

When your stressed, what helps you feel more relaxed?



Presence
Attentive

Understand

Support
Explore



Conversation starter:

What's something people assume about your generation that you think they get wrong?

mkg
PARENT COACH

PAUSE Process: Understand

Listen to understand – not to reply.

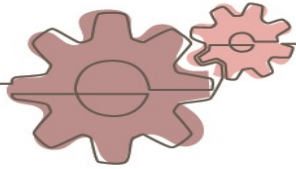
Listen with C.A.R.E

- **C**uriosity
- **A**n Open Mind
- **R**espect
- **E**mpathy

Respond with L.O.V.E.

- **L**ots of Questions
- **O**ptimism
- **V**alidation
- **E**ngagement

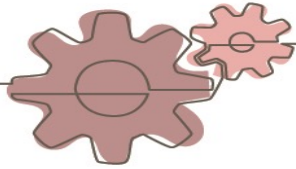




Presence
Attentive
Understand
Support
Explore

Conversation starter:
Who is your go-to person?





Presence
Attentive
Understand
Support
Explore



Conversation starter:

*If you were ever in a situation where someone offered you a substance, how do you think you'd handle it?
What steps could you take to make sure you stay safe?*



Presence

Be present with
yourself; body, mind
and heart.



Attentive

Give full attention &
validate feelings –
including yours.



Understand

Listen to understand
everyone's feelings,
including yours.



Support

Ask yourself, "What
support do I need to
provide the best
care?"

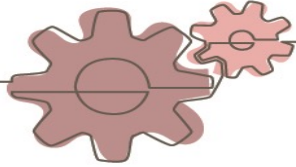


Explore

Explore solutions
together.
Collaborate on next
steps.



PARENT COACH



Additional Resources:

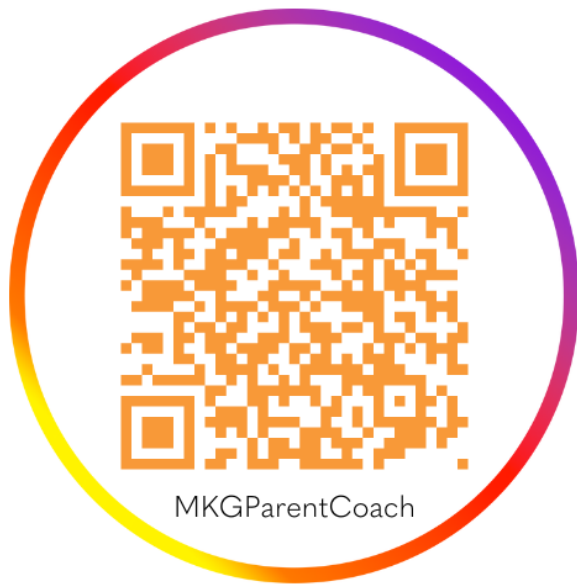
- **SAMHSA's Talk. They Hear You** campaign for age-appropriate conversation tips.
- **Drugfree.org's Prevention Tips for Teens** – includes some common questions and answers about drugs and their effects.
- **Talking to Teens about Drugs** – Use the 10 questions from NIDA's resource to guide your discussions.
- **<https://www.health.state.mn.us/communities/ace/pfbasics.html>**

Reflection – Q&A

What was the most valuable takeaway for you?

Share strategies or tools discussed today that you are excited to try in setting.

Are there topics you wish we had covered in more detail?



MKG Parent Coach:

Bringing Mindfulness, Kindness, and Gratitude to everyday moments.

Thank You

Merri Guggisberg
email: merri@mkgpsparentcoach.com

www.mkgparentcoach.com