

# Pet-inspired stress breaks

Think	Think of a favorite memory or image of your pet
Inspire	Inspire some self compassion by remembering your pet loves you
Share	Ask if you can share a pet story with a patient or colleague
Glance	Glance at jewelry or a tattoo that reminds you of pet
Smile	Smile at a photo of your pet kept on your workstation or on your phone.
Offer	Offer a prayer of gratitude for your pet