

STRESSED OUT



CHERYL BRAUSE
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PAUSE TO BE PRESENT
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A leading expert on mindfulness in Westchester NY, Cheryl Brause has created and led hundreds of programs and taught mindfulness locally and nationally to thousands of adults, teens, and children in schools, businesses, and privately. Cheryl uses her decade of personal practice and training to write, speak, and teach about the transformative practice of mindfulness meditation.



Pause to Be Present Meditation Studio & App

Feel like life is moving too fast? Want to learn how to slow down, relax, and quiet that busy mind? Pause offers both virtual and in-person classes led by expert teachers, and an amazing meditation app with LIVESTREAMED classes everyday, as well as an ON DEMAND library of meditations that are perfect for all levels, from beginners to experienced meditators!

Insight Timer

The best meditation app with the world's largest free library of more than 200k guided meditations, 17k teachers and the world's most loved meditation timer.

Underline indicates clickable link



The New Happy

With Stephanie Harrison

Start your day in a happier way. This podcast gives you the daily tools, science, and support that you need to live a happier life – in five minutes or less. Stephanie guides you through small shifts that have a huge impact on your happiness and the world around you.

Ten Percent Happier

With Dan Harris

Perfect for anyone who wants to get a handle on their anxiety. Guests often include experts on various mental health subjects, and they share tips on everything from meditation to setting boundaries. Actionable advice? Check!

The Urban Monk

With Dr. Pedram Shojai

This podcast is a series of conversations exploring what it means to live with balance in the 21st century.



The New Happy

By Stephanie Harrison

We all want to be happy, but happiness always seems to be out of reach – until now. Stephanie draws upon hundreds of studies to offer a life-changing guide to finding the happiness you have been looking for.

The Presence Process

By Michael Brown

An intimately guided journey into embracing full responsibility for your imprinted emotional condition. It is a simple, step-by-step pathway for you to rescue and renew the unhappy child within you. It empowers you to grow up emotionally.



Lemon Balm Tea

Calms the nervous system and supports digestion.

Organic Passion Flower

Relieves stress and anxiety and supports relaxation.

Chamomile Tea

Supports relaxation.

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Bath Haven Bath Pillow

This ergonomic bath pillow completely envelops your head, neck, and shoulders so you can simply lie back and relax in a cloud of cushioned comfort.

Ancient Minerals Magnesium Bath Flakes

Soothes muscles and eases tension.

doTERRA Calming Bath Oil

Transforms ordinary bath water into a tranquil sanctuary that softens and soothes the body. Make a part of your sleep-time routine.



Pure Encapsulations Cortisol Calm

Designed to maintain healthy cortisol response and support relaxation, restful sleep, and positive mood during times of occasional stress.

Integrative Therapeutics Cortisol Manager

Designed to support balanced cortisol and healthy stress response.

Metagenics Magnesium Glycinate

Designed to support muscle relaxation and nervous system health.



The Five Minute Journal

Even on the busiest days, spend only five minutes practicing gratitude to boost positivity, reduce anxiety, and improve well-being. It's the simplest, science-backed way to a happier you.

Candescent Stress Balls

Relieve stress and tension with these gel balls.