

Real-time Resilience (Tactical Calm)

1. Sit upright and relax your face.
2. Breathe out slowly through your nose.
3. Stretch your arms behind your back.
4. Open your chest, shoulders and heart.
5. Dash up the stairs or take a brisk walk outside.
6. Consider three things you are blessed with.
7. Send a wish or note of kindness to someone you love.
8. Absorb the beauty of nature, love or art.
9. Feel the flow of creation.