

TACTICAL CALM - REAL-TIME RELAXATION



At key decision or action points in life, being able to rapidly calm and focus effectively will determine many life outcomes. It is relatively easy to relax in peaceful times, but when things get crazy, it can be hard.

Tactical calm is an adjustment you can learn and become expert at calling upon when needed. Use the guide below to develop your own practice. Then work on applying it to every situation when things get interesting.

TIPS FOR TACTICAL CALM

1. Tune in to challenging situations: anxiety, conflict, or sadness
2. Lengthen your spine: sit or stand light and long
3. Inhale gently, bring attention to your belly
4. Breath out long and slow (6 sec): relax into your body
5. Inhale low and slow (4 secs)
6. Repeat as needed, breathing through nose
7. Anchor on a positive state, loved one or goal
8. Focus attention back on the matter at hand



THE TRUE STRENGTH OF A MAN IS IN CALMNESS.

Leo Tolstoy

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SERIES BOUNCE SERIES, EPISODE 7