



REACT OR RESPOND

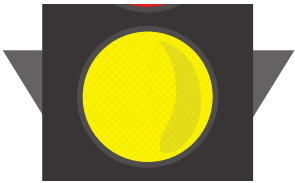
Regaining Control and Making a Choice

We've all been there: a stressful morning, a stressful conversation, a stressful moment that gets away from us and turns us into a ball of emotion and sometimes into someone we don't even like. It doesn't have to happen this way. Stressful moments are inevitable, but whether those moments get to control our brains is up to us. We can regain our control and choose how to move forward by stopping, breathing, reflecting, and making a choice.



STOP.

What is happening in your mind and body? Identify your feelings. Identify any physical sensations.



BREATHE.

When our bodies go into a stress response, it sets off a chain of reactions that makes it really hard to think straight and make good decisions. It's not our fault: it's our physiology. But we have the power to stop that chain reaction by physically slowing down our breathing and putting our bodies back into a relaxation response, so that our thinking brains can be in charge again. Take three deep, slow breaths.



REFLECT.

Now that your thinking brain is back in control: What is really happening? What is your thought process?

CHOOSE.

How do you want to show up right now? How do you want to respond? What outcome do you want and how can you get there?