



Explanation of the 6 Tactic Groups: 0d

Standalone or combined, each composure tactic has some effect on our ability to refocus our attention where it needs to be and to self-regulate towards a state of cool, calm alertness and clear thinking. While the tactics are arranged into 6 distinct groups (tactic-types), exercising just one group of tactics typically has an overlapping effect on the whole mind-body system.

Level 1: Surface level tactics, easy to grasp, quick to learn and apply in the moment

1. **Recognising Tactics** - techniques and actions that identify and acknowledge where your attention has been focused. *Creating composure through* insight, awareness and relating differently to situations, thoughts and feelings that trigger tension or bother you.
2. **Regulating Tactics** - techniques and actions that gather your attention in the here and now. *Creating composure through* relaxation, grounding, physically reducing the experience of tension and helping to activate the clear-thinking centres of the brain.
3. **Refocusing Tactics** - techniques and actions that direct your attention to where it needs to be and helping it stay there. *Creating composure through* action, conscious-thinking and a sense of progress and control.

Level 2: Deeper level tactics, requiring more time to learn or foster, sometimes requiring others

4. **Reframing Tactics** - techniques and actions that identify the automatic thoughts and beliefs that underlying tension-triggering situations and give you back deliberate choice in the constructive thoughts you want to use. *Creating composure through* compassion and positive, constructive and realistic thinking.
5. **Rehearsing Tactics** - techniques and actions that help you prepare constructive, helpful responses to future situations that are likely to trigger tension. *Creating composure through* virtual practice, being mentally prepared and knowing the avenues of advice or support should they be needed.
6. **Reconnecting Tactics** - techniques and actions that help you recall, record and reconnect to the sources of positive energy, support and strength in your work and life. *Creating composure through* gaining a sense of perspective, support and positive emotions, tapping into past successes, current abilities and other 'good things'.

RESULT = **Responding** with skilful, composed behaviour and activation of clear-thinking centres of the brain.

1. RECOGNISING TACTICS



2. REGULATING TACTICS

The Tactics Group that I would recommend to myself, depends on my area of focus and need.

As you become familiar with the tactics and the tactic groups, one or more of these statements will begin to ring true for you (and will likely change over time):

1. The **recognising tactics** appeal to me because I'm just not really aware of my composure zone or signs of tension, what it should be like and what triggers me.
2. The **regulating tactics** appeal to me because I just need to chill and to feel calmer and more relaxed.
3. The **refocusing tactics** appeal to me because I just need to gain clarity about what to do in the heat of the moment and to be patient and focused in the moment.
4. The **reframing tactics** appeal to me because I need to be aware of my thinking and I tend to think self-critically or negatively.
5. The **rehearsing tactics** appeal to me because they can help me gain more confidence in preparation for things, I know will be stressful, and to think about positive coping scenarios, not about the negative and worst-case scenarios.
6. The **reconnecting tactics** appeal to me because I don't always take the time to connect back to the good things in my life, including my strengths and accomplishments which are quick source of positivity.