

REACTING MODE

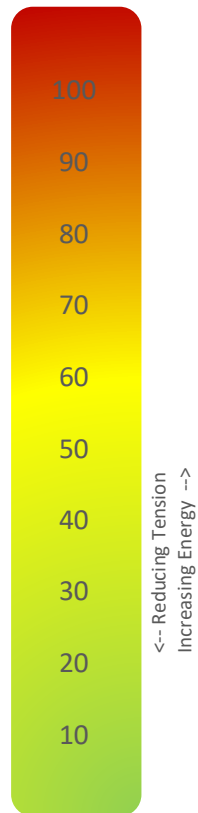
Fast thinking, *autopilot*
Subconscious Effortless



RESPONDING MODE

Slow thinking, *manual*
Conscious and Effortful

100 = HIGHEST EVER
TENSION LEVEL: stress,
frustration, anxiety



0 = LOWEST EVER
TENSION LEVEL: calm,
relaxed, almost asleep

EXAMPLE TACTICS
Acknowledging and Noting
Recognising signs of tension
Identifying triggers and tactics

1. RECOGNISING TACTICS

EXAMPLE TACTICS
Social connections
Recall accomplishments
Connect to values & goals

6. RECONNECTING (POSITIVES)

EXAMPLE TACTICS
Breathing and Body-Scan
Progressive Muscle Relation
Time-Out, Grounding & Centering

2. REGULATING TACTICS

EXAMPLE TACTICS
Self-Instructional Method (SIM)
Composed Visualised Responses (C-VR)

5. REHEARSING TACTICS

EXAMPLE TACTICS
Positive Self-Talk
Reframing Automatic Thoughts

4. REFRAMING TACTICS

3. RE-FOCUSING TACTICS

EXAMPLE TACTICS
Checklist or Check-in with someone
The Next Best Sensible Action?
Pause; Start; Go Slower

FEELING
COMPOSED
+
PRODUCTIVE
ATTENTION
+
COMPOSED
ACTIONS
+
WELLBEING
OUTCOMES

Deliberately
applying composure tactics
to manage identifiable recurring
triggers and boost everyday
productivity, wellbeing
and resilience.