

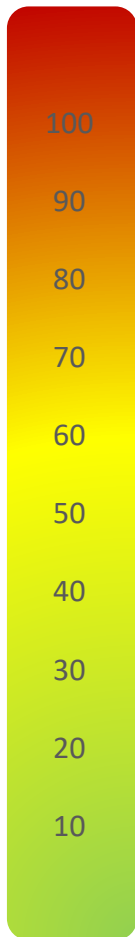
REACTING MODE

Fast thinking, *autopilot*
Subconscious Effortless



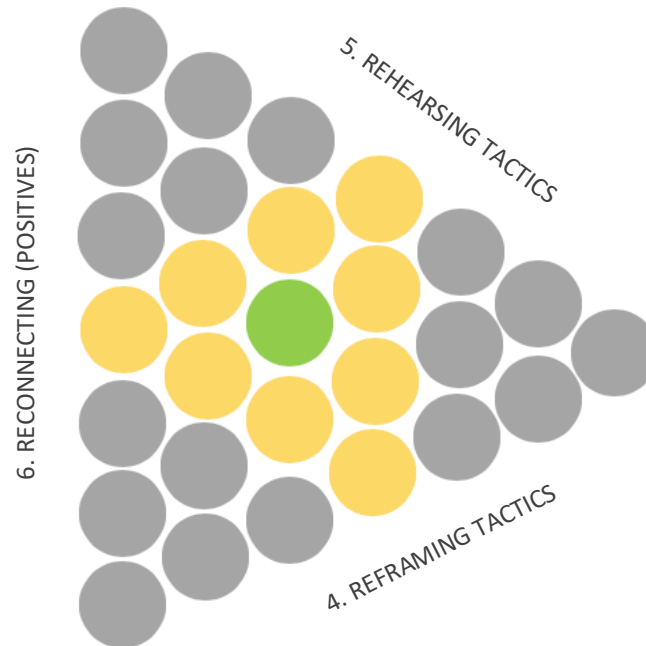
RESPONDING MODE

Slow thinking, *manual*
Conscious and Effortful



<-- Reducing Tension
Increasing Energy -->

1. RECOGNISING TACTICS



2. REGULATING TACTICS

5. REHEARSING TACTICS
4. REFRAMING TACTICS

3. RE-FOCUSING TACTICS

FEELING
COMPOSED
+
PRODUCTIVE
ATTENTION
+
COMPOSED
ACTIONS
+
WELLBEING
OUTCOMES

Improved ability to
choose wise actions,
usually one of these

- Just listen or observe
- Continue carefully
- Clarify the issue or need
- Accept and cope for now
- Give feedback or ask for change
- Tactical withdrawal
- Ask for help or advice

Deliberately applying composure tactics to manage identifiable triggers and boost everyday productivity