

REASONS TO EXERCISE COMPOSURE



ARE YOU?

- Needing a break from the distractions and concerns of the world around you?
- Wanting a way to refocus your attention from the 'negative stuff' or 'worrisome mental chatter' towards the good and helpful things in your life?
- Looking for a practical way to relax, settle and focus your mind and body during those demanding days?
- Wanting to improve your sleep – because you've been over-stimulated with changes and news associated with the coronavirus?

Tactical Composure exercises can do just that, and (if practiced over time) can boost your wellbeing and focus as well as buffer against stress, anxiety and sleep disturbance. These exercises use your in-built ability to redirect your attention and relax your body and mind in a more deliberate way. They are backed by science and experience.

Practice Suggestion:

- Build your ability to relax, refocus and compose yourself on cue – by practicing 1 or 2 exercises twice a day for two weeks and observe the difference.

TACTICAL COMPOSURE is the action of deliberately applying composure and preparation tactics in order to manage potentially stressful or demanding situations, that are likely to recur or not change quickly.

It's a practical pathway to building attention-control, resilience and wellbeing through short-term exercises. We are not saying this alone can manage the more significant and complex concerns, as they may require tailored exercises from a registered health professional. We are saying that life's hassles do affect us, because we are human, and that we can do something to help mitigate the impact on our life, health and wellbeing.

