



TACTICAL COMPOSURE

for Wellbeing & Performance

Orica APA 2020

Presenters: Kash Thomson, Greg Dean, Bernie Scully






Life can get demanding, stressful, messy,
difficult, overwhelming...

Sometimes we need a deliberate coping strategy with
tactics suited to our circumstances

Go to www.menti.com and use the code 54 39 82 6

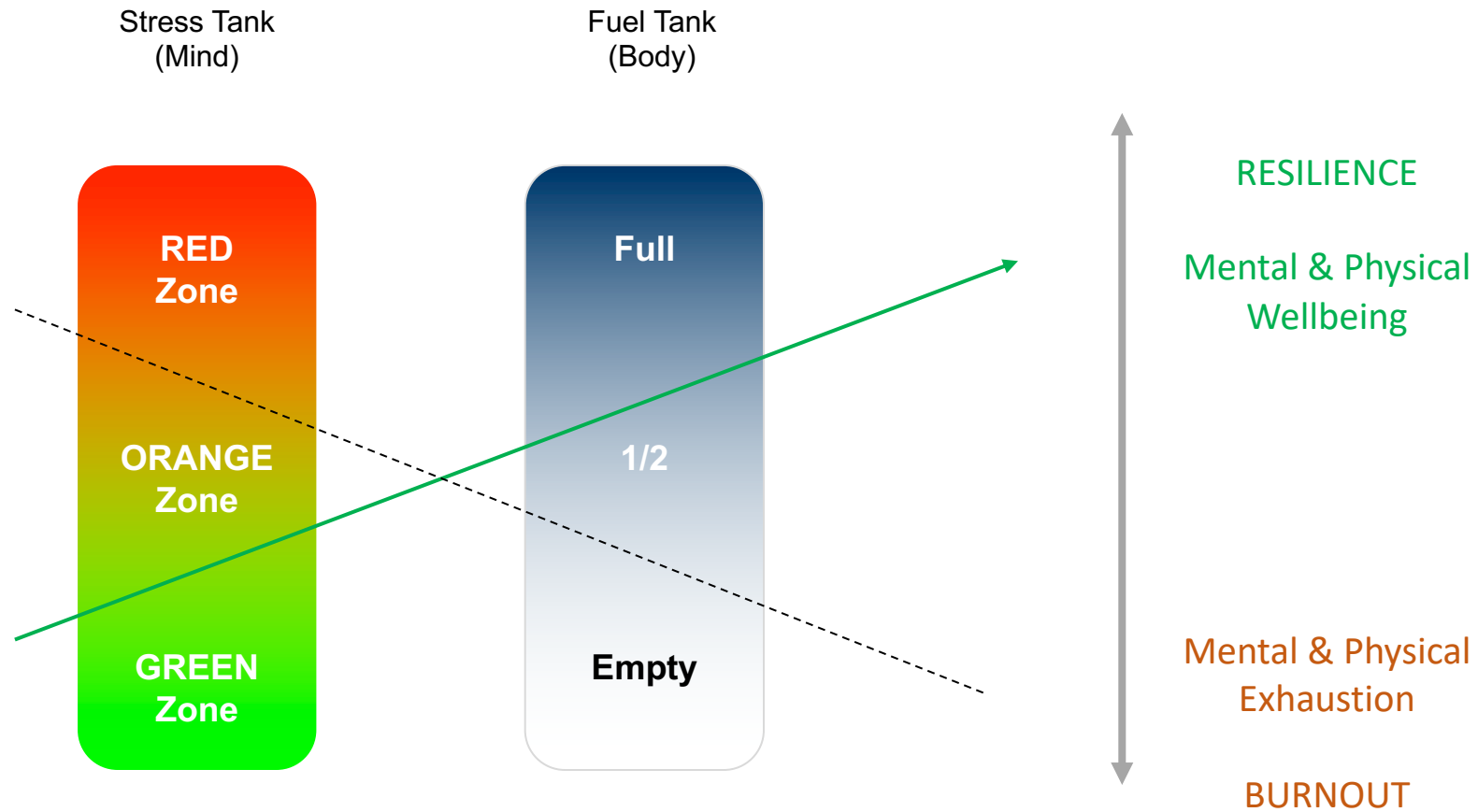
Choose 3 words to describe how you feel right now



A program of evidence-based wellbeing tactics

1. Tactical Composure Overview and Basics
 2. Perspective and Grounding
 3. Optimism and Reframing
 4. Wellbeing and Motivation
 5. Emotional Regulation – Tactical Composure Advanced
 6. Relationships and Empathy and Vulnerability
- *Your personal tactical composure plan*

The wellbeing and mental health continuum





Tactics Check-in

What specific actions, strategies or approaches are you already using in your life

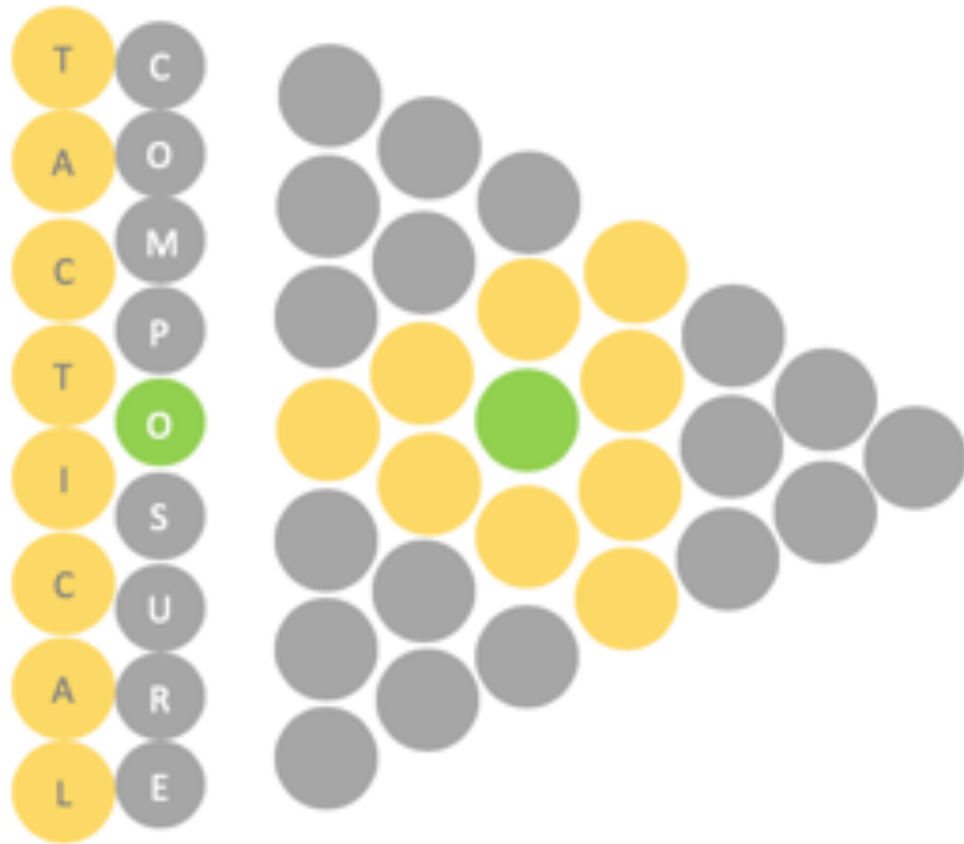
...to manage your wellbeing, daily hassles and stress levels?

[Things that put you in the GREEN zone or fill up your fuel tank]

Go to www.menti.com and use the code 54 39 82 6

What strategies or tactics are you already using to manage your wellbeing, daily hassles and stress levels?

Press ENTER to pause scroll



TACTICAL COMPOSURE: deliberately applying practical composure tactics and exercises, for longer-term benefits in resilience, productivity and wellbeing.

TACTICAL: Relating to small-scale actions serving a larger purpose. Think practical, reliable, mobile.

COMPOSURE: The state of being calm and in control of oneself. Think cool, clear, conscious, centred.



In a workplace or relationship setting

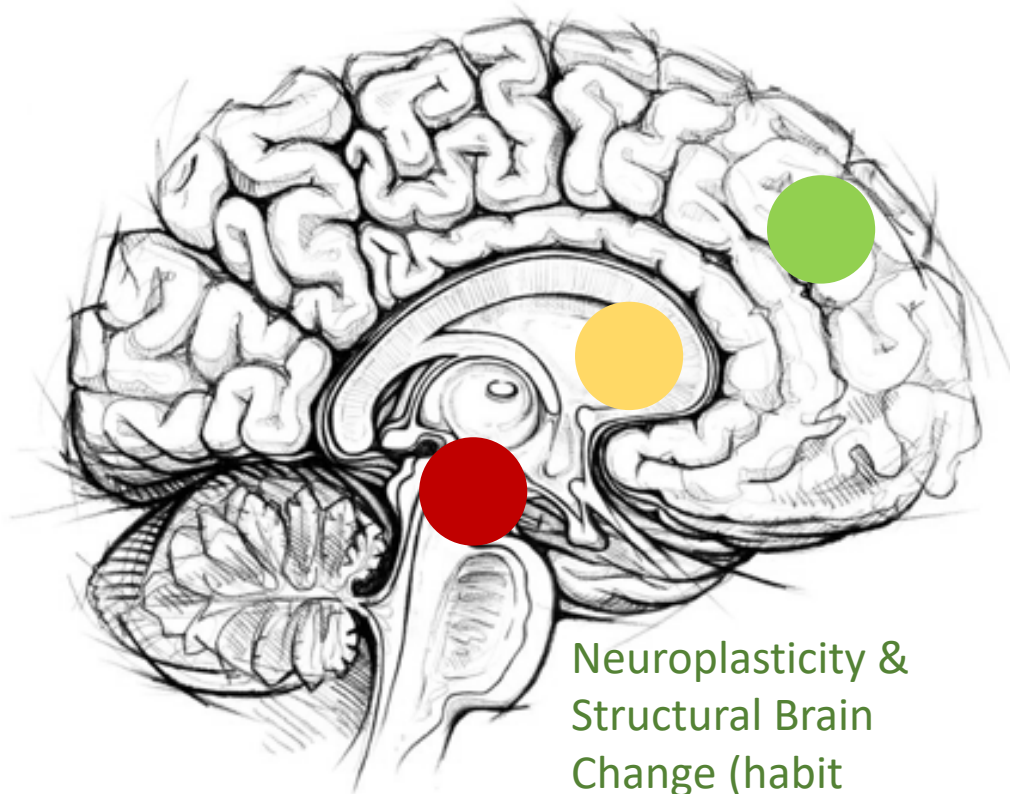
- “The ability to cultivate calm awareness and focus on cue” – to be present and alert to what’s really going on
- “The ability to face up to demanding (tension triggering) situations and... stay there, pay attention on purpose and not react. Instead to respond professionally, by being deliberate in one's actions. Then return to a state of composure and readiness”

REACTING MODE



RESPONDING MODE

The Science & Benefits of Tactical Composure



*Control & Calm
Centre*

***Stress Reaction
Centre***

*Neuroplasticity &
Structural Brain
Change (habit
formation)*

Being tactical and strategic, implies deliberateness in your direction and action

BENEFITS:

- Awareness and clear thinking
- Focus and productivity
- Wellbeing and health
- Action-oriented and problem-solving
- Reduced reactivity to stress and frustrations

REACTING MODE

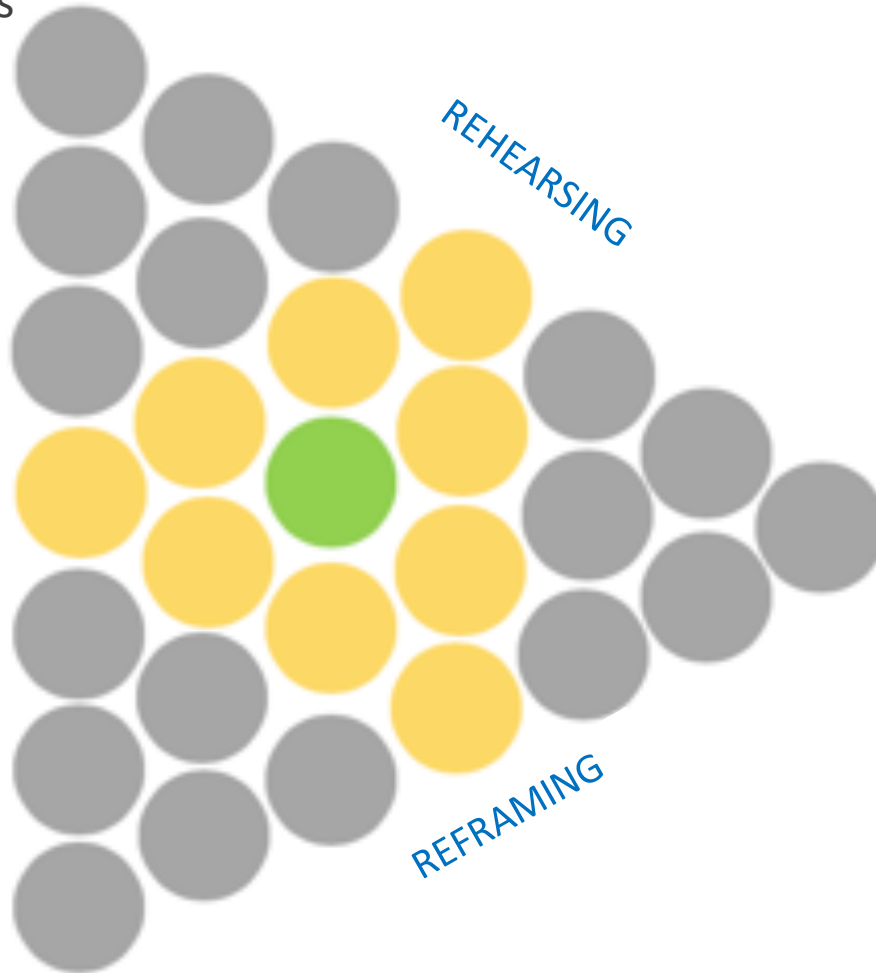


RESPONDING MODE

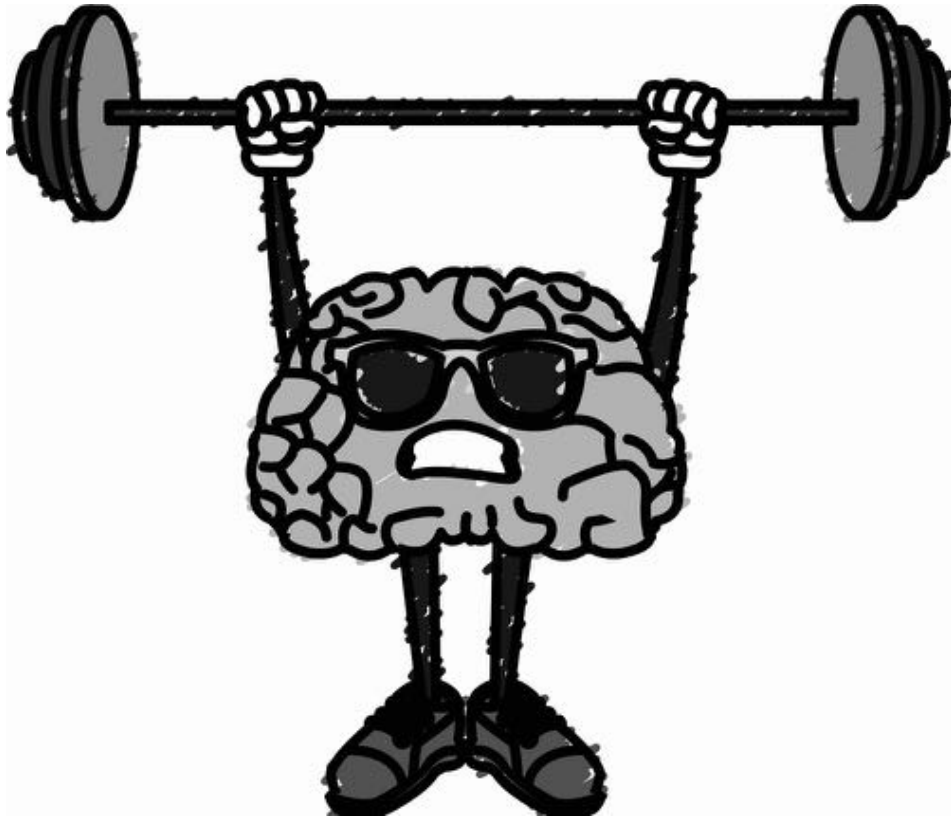
Recognising Tactics

RECONNECTING
to strengths, supports,
purpose, values, wins

Regulating Tactics



FEELING
COMPOSED
+
PRODUCTIVE
ATTENTION
+
COMPOSED
ACTIONS
+
WELLBEING
OUTCOMES



PAUSE... then exercise tactical composure

RECOGNISE or become aware of what's happening, as it's happening (how tense or composed we are; where our attention has just been; how we are reacting).

REGULATE (*Relax*) our tension levels, calming the mind & body

REFOCUS our attention to where it needs to be

Also activating existing tactics, abilities and brain-power



Demo Exercise AUDIO

- Relax & Refocus Exercises

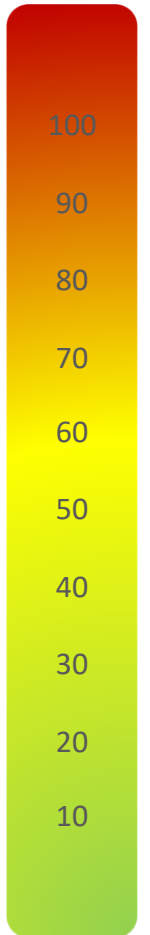




Tactical Composure: Objectives

Think about your own objectives....

- Improved overall **wellbeing**, health, productivity?
- Improved ability to manage specific triggering/difficult situations?



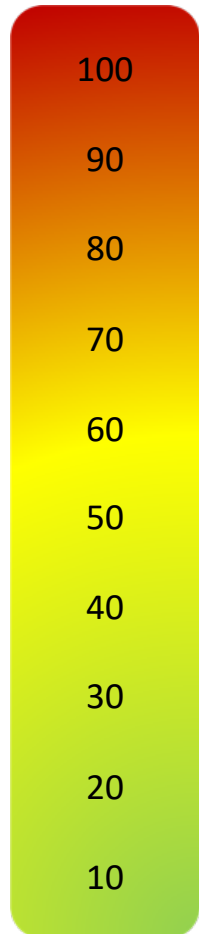


Tactical Composure: Objectives

When 'X' happens I usually **react** by doing "D.E.F."
(feel, think, say, do)

- *HOWEVER: situation 'X' will recur or not go away immediately, so, I can frontload my mind with a response that's likely to serve me and the situation well (wise action)*

When 'X' happens, next time, I will **respond** by doing "A.B.C."
(think, say, do)





100

90

80

70

60

50

40

30

20

10

- TC 1a Signs of Tension & Composure CHECKLIST
- TC 1b Recognising Triggers

Recognising Tactics

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.



Activity

- Record the most common signs of tension and composure for you (reference the checklist)
- Start to use these as early warning signs, prompting you to Relax and Refocus

GENERAL SIGNS OF TENSION

Feeling

- ☐ Feeling tense (wound up)
- ☐ Muscle tension
- ☐ Headaches
- ☐ Aches and pains
- ☐ Feeling irritable
- ☐ Tightening of the chest
- ☐ Heart rate is up
- ☐ Faster breathing
- ☐ Feel hot and sweaty
- ☐ Feeling nervous or worried
- ☐ Feeling frustrated or angry
- ☐ Restlessness and agitation
- ☐ Feeling nauseous (upset stomach)
- ☐ Feeling tired

Thinking

- ☐ Poor concentration
- ☐ Forgetting things
- ☐ Can't stop thinking/ can't switch off
- ☐ Impatience with yourself and others
- ☐ Negative and self-critical thinking

Flow on effects

- ☐ Tense body language
- ☐ Tense facial expressions
- ☐ Jumping in to fix things without forethought
- ☐ Attention wandering off-task
- ☐ Avoid having to sit with uncomfortable situations
- ☐ Difficulty just being still and NOT REACTING to triggers

Tension plays out differently for different people. The signs of tension overlap with other signs of the body reacting to things - including signs of stress, anxiety and frustration.

GENERAL SIGNS OF COMPOSURE

Feeling

- ☐ A relaxed feeling in the body
- ☐ Heart rate at a comfortable level
- ☐ Breathing comfortably
- ☐ Feeling awake and alert
- ☐ A sense of calm
- ☐ A sense of patience
- ☐ Positive emotions

Thinking

- ☐ A sense of good concentration
- ☐ A sense of positive, constructive thoughts
- ☐ A sense of being centred and present
- ☐ A sense of being well-paced
- ☐ A sense of self-control over one's actions
- ☐ Ability to zoom out and take perspective

- ☐ Ability to zoom out and take perspective

Flow on effects

- ☐ Composed body language
- ☐ Composed facial expressions
- ☐ Ability to just observe without fixing
- ☐ Staying on task or returning to task
- ☐ Ability to sit with uncomfortable situations
- ☐ Ability to be still and NOT REACT to triggers

*HOW (AND WHERE) DO YOU NOTICE THE DIFFERENCE
BETWEEN TENSION & COMPOSURE in your body and
mind?*



Activity

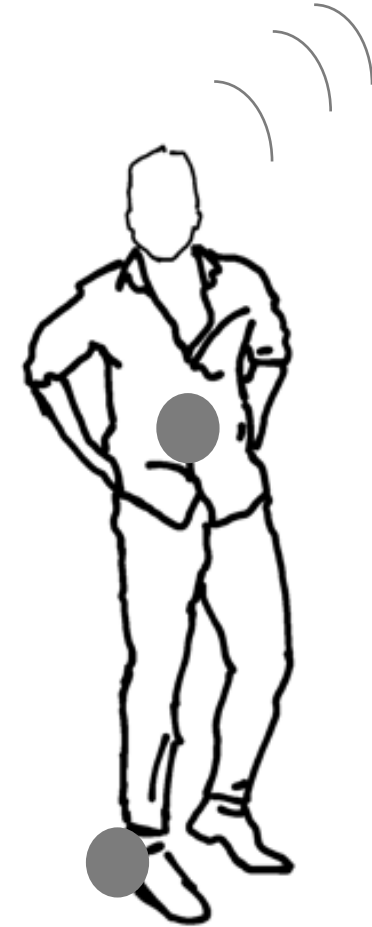
- Record a few of your common trigger points – situations or behaviours that produce tension, worry or frustration for you
- Start to observe yourself when these happen again – how you react or respond

MINDFULNESS

- Mindfulness is defined as “the awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding of experience moment by moment” (Kabat-Zinn, 2003 p. 145).
- Being aware of what’s happening, as it’s happening ...and not reacting. Seeing things how they really are, rather than how we want them to be.
- A practice/technique, backed by science, that can be ‘exercised’ readily in work and life. An inherent human ability. For many, a way of being, beyond the practice.

MINDFULNESS EXERCISES

- Focusing our attention on a specific anchor, and sensing it
- Allowing the experience to be as it is (pleasant or unpleasant)
- Returning our attention each time the mind wanders or is distracted
- Doing this with a sense of curiosity and compassion
- Remembering what happened, to gain insights about our patterns and habits of mind
- We begin to notice thoughts themselves, as 'mental events' (the mind is a thought machine)
- We notice helpful (tension reducing) and unhelpful (tension producing) thoughts, then once out of autopilot, choose a wise action





Mindfulness versus Relaxation Exercise



- **Body-Scan to Relax**





Mindfulness versus Relaxation Exercises



- **Grounding Mindfulness**



Notice the difference?

- Relaxation invites you **relax** and change your physical state, muscle tension, breathing rate
- Mindfulness invites you to just **pay attention** to what is present, allowing the experience to be what it is – there is no particular state to achieve, just awareness. (relaxation can be a side-effect)



NORMAL EXPERIENCES FOR BEGINNERS

- A sense of relaxation, calm, *sleepiness*
- A sense of focus, grounding, settling
- Mind wandering and 'monkey mind'
- Judging our selves and our practice
- Body-mind perception changes
- Frustration, irritability, boredom





- TC 5a Self Instructional Method (SIM)

When 'X' happens I usually **react** by doing "D.E.F."
(feel, think, say, do)

When 'X' happens, next time, I will **respond** by doing "A.B.C."
(think, say, do)

Rehearsing Tactics

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.



Activity

- Record an example of a SIM for one of your trigger situations
- “When 'X' happens, next time, I will **respond** by doing "A.B.C.” (feel, think, say, do) – which will more likely serve me and the situation well”

Tactical Composure Exercise Plan

- Practice the tactics and notice their effects
- Audio exercises and written materials at URL:
- <https://www.tacticalcomposure.com/resources/orica-wellbeing-program/>

TACTICAL COMPOSURE

An investment your mind will thank you for!

TACTICAL COMPOSURE

EXERCISES

BENEFITS

CONTACT

TRAINERS

SAMPLES

More About Tactical Composure





TACTICAL COMPOSURE EXERCISE PLAN

_____ Main Goal _____ Initials _____ Date _____

WHAT TRIGGERS ARE YOU PAYING
ATTENTION TO?

WHAT TACTICS AND EXERCISES ARE YOU
PUTTING INTO PLACE? When & How Often?

OBSERVATIONS & EFFECTS

1. How is the practice going for you?
2. What are you noticing as you practice the exercises?
3. What is your mind doing when you practice?
4. What themes and insights are you noticing?

How are you feeling after practicing your chosen exercises?
What are you noticing in yourself and your work and life,
and how are these exercises over time?



Practice Tracking & Reflection Worksheet

_____ Main Goal _____ Initials _____ Date _____

Practice of Exercise

Week #

Day	1	2	3	4	5	6	7
Done							

Practice of Exercise

Week #

Day	1	2	3	4	5	6	7
Done							

Practice of Exercise

Week #

Day	1	2	3	4	5	6	7
Done							

Practice of Exercise

Week #

Day	1	2	3	4	5	6	7
Done							

Practice of Exercise

Week #

Day	1	2	3	4	5	6	7
Done							

Practice of Exercise

Week #

Day	1	2	3	4	5	6	7
Done							

Practice of Exercise

Week #

Day	1	2	3	4	5	6	7
Done							

Practice of Exercise

Week #

Day	1	2	3	4	5	6	7
Done							

THE SIGNS OF COMPOSURE I'm
noticing

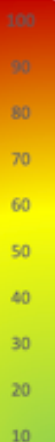
- Feeling
- ☐ A relaxed feeling in the body
 - ☐ Heart rate at a comfortable level
 - ☐ Breathing comfortably
 - ☐ Feeling awake and alert
 - ☐ A sense of calm
 - ☐ A sense of patience
 - ☐ Positive emotions

- Thinking
- ☐ A sense of good concentration
 - ☐ A sense of positive, constructive thoughts
 - ☐ A sense of being centred and present
 - ☐ A sense of being well-paced
 - ☐ A sense of self-control over one's actions
 - ☐ Ability to zoom out and take perspective

- Flow or effects
- ☐ Composed body language
 - ☐ Composed facial expressions
 - ☐ Ability to just observe without fixing
 - ☐ Staying on task or returning to task
 - ☐ Ability to sit with uncomfortable situations
 - ☐ Ability to be still and NOT REACT to triggers

Mindset Tip: Be intentional, curious, open and patient. Practice versus perfection. A choice to exercise (or test out) this composure tactic, regardless of what's been happening and what's around.

Did the tactic exercise session bring
down my Subjective Tension Levels,
even if just few units? Don't worry if
this didn't happen. Practice now
helps to deliver results later, by
building good habits.



QUESTIONS

www.yespsychology.com.au
service@yespsychology.com.au



OTHER SLIDES

POWER

Perspective – Self Awareness and Mental Flexibility

Optimism – Positive outlook and find possibilities vs problems; Stop counterproductive thinking

Wellbeing – Physical and Mental

Emotion Regulation - Regulate impulses, emotions, and behaviours to achieve; Express appropriately

Relationships – Nurture connections; effective communication; Empathy; Support other and ask for support

Attention Warm up

*Directing
Sustained
Attention*

