


A black and white photograph of a person walking a tightrope. The person is silhouetted against a bright, hazy sky and a body of water. They are holding a long pole for balance. The tightrope is stretched between two large, dark rocks on either side. The overall mood is one of concentration and balance.

# TACTICAL COMPOSURE

## for Wellbeing & Performance

APA 2020

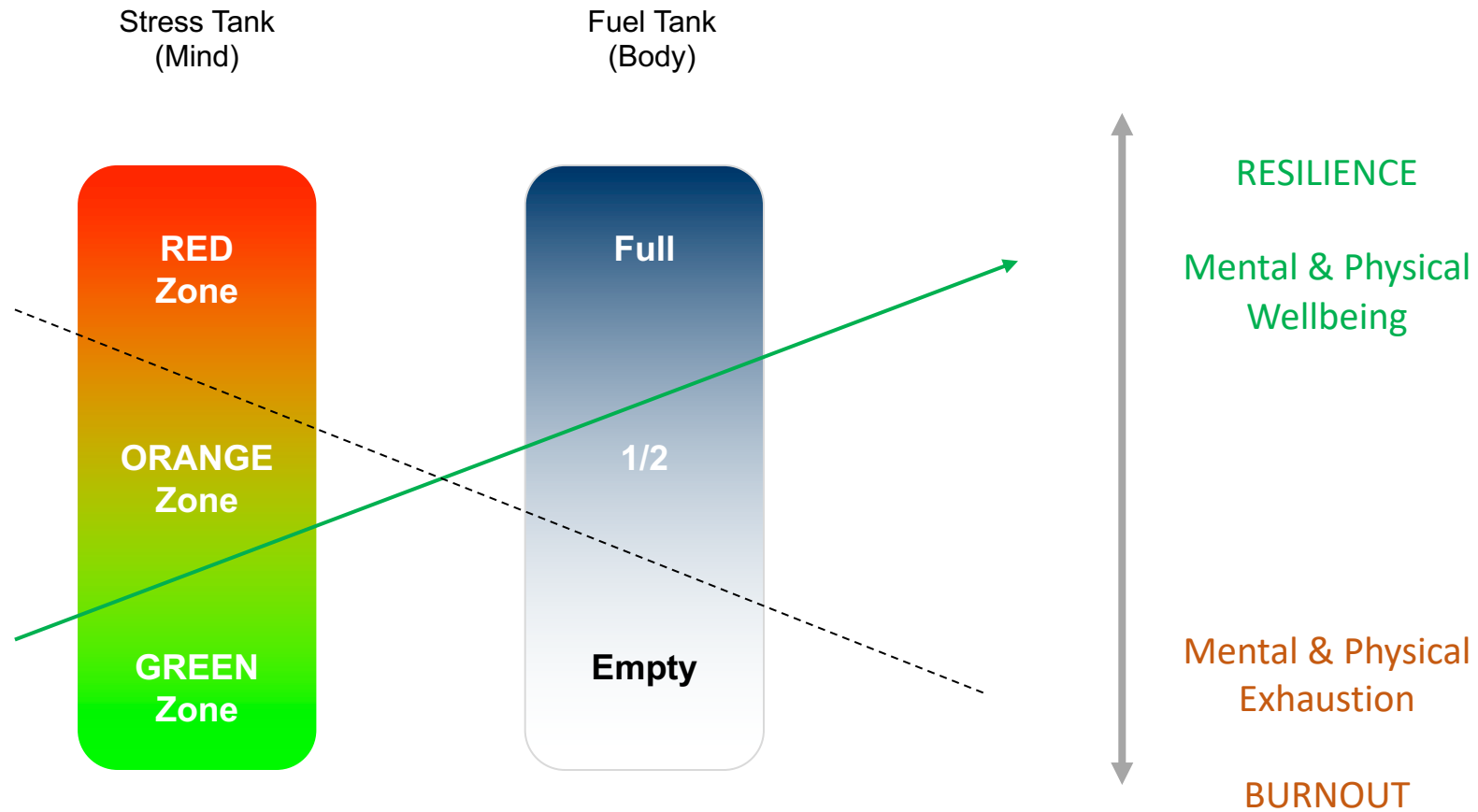
Presenter: Greg Dean



# 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

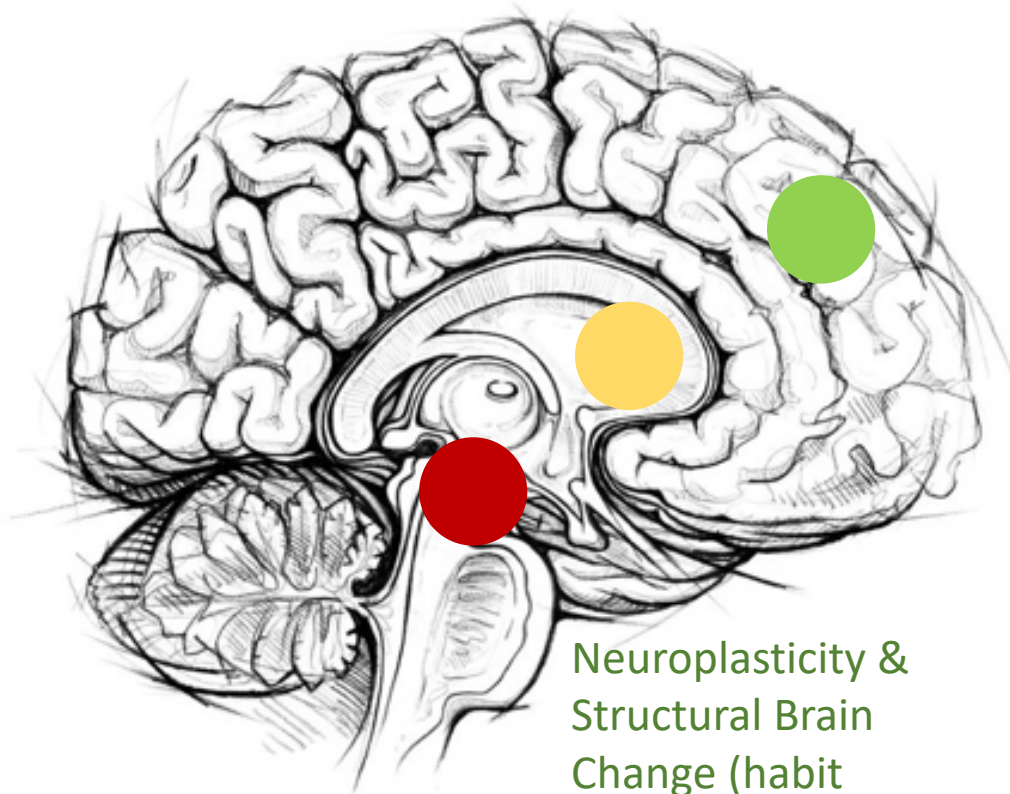


REACTING MODE



RESPONDING MODE

# The Science & Benefits of Tactical Composure



*Control & Calm  
Centre*

*Neuroplasticity &  
Structural Brain  
Change (habit  
formation)*

*Stress Reaction  
Centre*

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

Go to [www.menti.com](https://www.menti.com) and use the code 27 76 56 8

Choose how you want your week to be (one word) then what you will do to make that happen.

 Mentimeter

Stopping work at a specific time	fun	Peaceful
Work Life Balance	Productive.	Calm - meditate, journal
Productive - positive attitude. Sleep, plan, act	No stress	Productive
Balanced. Spend time with family going for walks when the sun shines	Productive	In control - analyse, plan, execute

Press ENTER to pause scroll

69





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



# 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



# Tactics Check-in

What tactics or actions have you been putting into place, or trying out?

How are they going? (what's their effect)

What are you noticing? (themes, patterns, questions)





# Tactical Composure Exercises AUDIO



Grounding – Centering on the Feet



# Perspective & Grounding

*What we focus on expands, and the  
body follows where the mind's attention  
goes*



The 'mind' gets busy

The mind is a thought-machine, and generating thoughts is what it does. The challenge is to note our thoughts, just as mental events, passing through the mind. **Thoughts are information, not instructions.**



Thoughts are  
Information,  
not Instructions

“I am aware of the feeling of.....”

“I am aware I’m having the thought  
of.....”

“I am noticing the tendency to think.....”

“Just for this moment, while I pause and  
compose, I can acknowledge it without  
getting hooked into it. I’m aware it’s  
there and accept it’s normal and  
Human”

# Perceptions





# Stress and Focus



**JUST ACT CASUAL...**

And maybe he won't notice.

# Focus and Covid-19





You see this in  
your kitchen

What is your  
reaction?



# Do spiders make people scared?



“People are not disturbed by things but rather by their view of things.” – Albert Ellis



# The Power of our Perspective

Your thoughts are a catalyst for **self-perpetuating cycles**. What you think directly influences how you feel and how you behave. So if you think you're a failure, you'll feel like a failure. Then, you'll act like a failure, which reinforces your belief that you *must be* a failure.

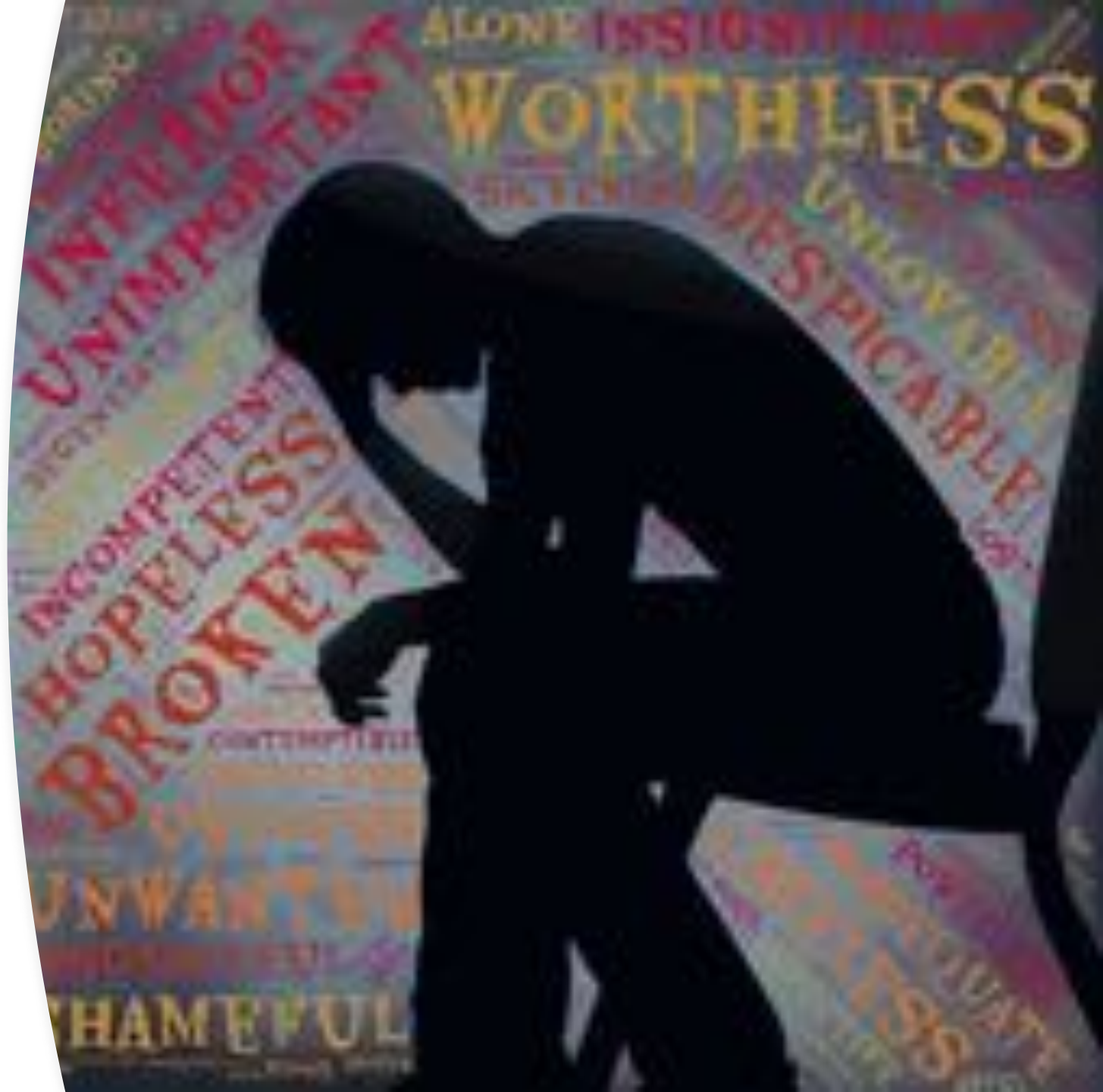
# The Power of our Perspective

- You think, believe or say, “I’m really socially awkward.” So when you go to a social gathering, you stay in the corner by yourself. When no one speaks to you, it reinforces your belief that you must be socially awkward.



# The Power of our Perspective

- You think, believe or say, “I’m just not good enough to advance in my career.” That assumption leads you to feel discouraged and causes you to put in less effort. That lack of effort prevents you from getting a promotion.





## How it works

- Once you draw a conclusion about yourself, you're likely to do two things; look for evidence that reinforces your belief and discount anything that runs contrary to your belief.
- Someone who develops the belief that he's a failure, for example, will view each mistake as proof that he's not good enough. When he does succeed at something, he'll chalk it up to luck.



# So what do we do?

- **Positive thoughts** - don't have magical powers, but optimistic thoughts lead to productive behavior, which increases your chances of a successful outcome.
- **Challenge Your Conclusions** - Look at the labels you've placed on yourself. Remind yourself that you don't have to allow those beliefs to restrict your potential. Just because you think something, doesn't make it true.
- **Look for evidence to the contrary** - take note of any times when your beliefs weren't reinforced. Acknowledging exceptions to the rule will remind you that your belief isn't always true.
- **Challenge your beliefs** - perform behavioral experiments that test how true your beliefs really are

When you give up those self-limiting beliefs, you'll be better equipped to reach your greatest potential



# Checking our perspective

- *what am I telling myself about this?*
- *is the thinking fair and reasonable?*
- *am I overthinking or ruminating on it?*
- *is it a helpful thought?*
- *is what I'm thinking 100% true or should I check my data and assumptions?*
- *what would I tell a friend in this situation?*
- *is there a more constructive way of thinking about this?*
- *am I jumping to conclusion?*
- *am I over-focused on what others might think?*
- *am I thinking the worst?*
- *am I taking it too personally, when it's not about me?*
- *am I unfairly labelling myself or others here?*
- *is this a time to be self-compassionate?*
- *overall, is this way of thinking contributing to my tension or worry, or helping to contain it?*



# Reconnecting Tactics

**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'.

- TC 6a Reconnecting to Sources of Composure and the people that support you
- TC 6b Reconnecting to Sources of Strength
- TC 6c Reconnecting to Sources of Positive Emotion





# Tactical Composure Exercises AUDIO



- Relax and Reconnect to the Good Things



# Grounding with our Values

By connecting to our values we're more likely to engage the 'responding mode' and communicate more skillfully. Some examples include:

- Patience
- Kindness
- Helpfulness
- Flexibility
- Acceptance
- Steadiness
- Courage
- Forgiveness
- Respect
- Assertiveness
- Honesty
- Diplomacy
- Skillfulness
- Connection
- Cooperation
- Fairness

# 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



# QUESTIONS

[www.yespsychology.com.au](http://www.yespsychology.com.au)  
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