


A black and white photograph of a person walking a tightrope over the ocean. The person is silhouetted against the bright sky and water, with their arms raised for balance. The tightrope is stretched between two large, dark rock formations on either side. The ocean is visible in the background, and the sky is a uniform light gray.

# TACTICAL COMPOSURE

## for Emotion Regulation and Composure

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*

# Level 1: Surface level tactics, easy to grasp, quick to learn and apply in the moment



**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.



**Regulating Tactics** - techniques and actions that gather your attention in the here and now. Creating composure through relaxation, grounding, physically reducing the experience of tension and helping to activate the clear-thinking centres of the brain.



**Refocusing Tactics** - techniques and actions that direct your attention to where it needs to be and helping it stay there. *Creating composure through action, conscious thinking and a sense of progress and control*

## Level 2: Deeper level tactics, requiring more time to learn or foster, sometimes requiring others



**Reframing Tactics** - techniques and actions that identify the automatic thoughts and beliefs that underly tension-triggering situations and give you back deliberate choice in the constructive thoughts you want to use. Creating composure through compassion and positive, constructive and realistic thinking.



**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.



**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'.



# Tactical Composure Exercises AUDIO



- Centering on the Breath





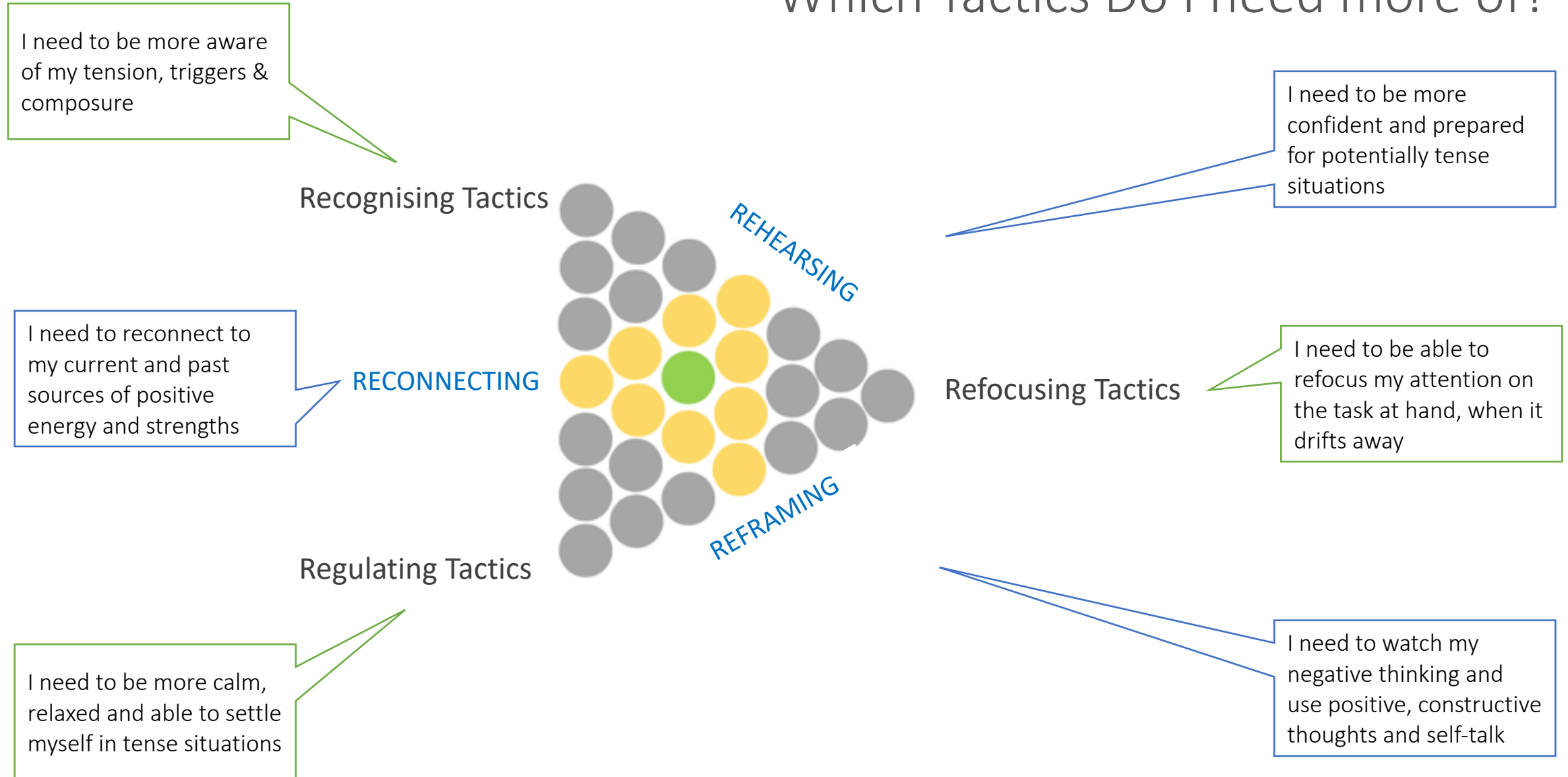
# Tactics Check-in

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)

# Which Tactics Do I need more of?



# Which Tactics Do I need more of?

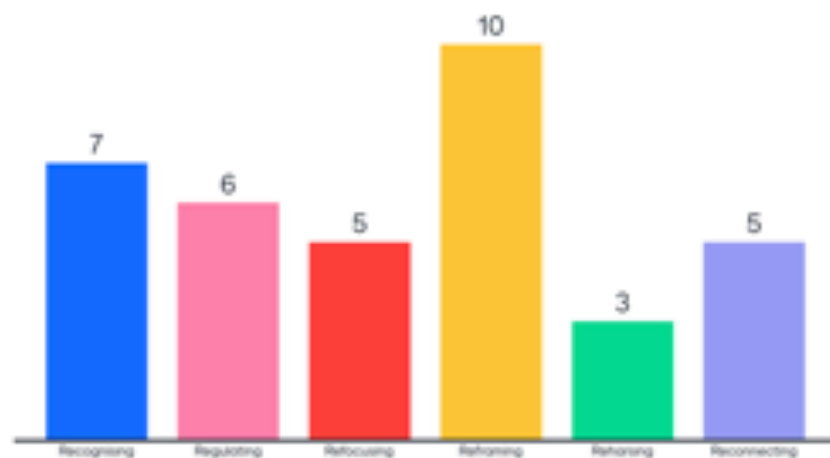
1. The **recognising** tactics appeal to me because I'm just not really aware of my composure zone or signs of tension, what it should be like and what triggers me
2. The **regulating** tactics appeal to me because I just need to chill and to feel calmer and more relaxed
3. The **refocusing** tactics appeal to me because I just need to gain clarity about what to do in the heat of the moment and to be patient and focused in the moment
4. The **reframing** tactics appeal to me because I need to be aware of my thinking and I tend to think self-critically or negatively
5. The **rehearsing** tactics appeal to me because they can help me gain more confidence in preparation for things, I know will be stressful, and to think about positive coping scenarios, not about the negative and worst-case scenarios.
6. The **reconnecting** tactics appeal to me because I don't always take the time to connect back to the good things in my life, including my strengths and accomplishments which are quick source of positivity.



Go to [www.menti.com](https://www.menti.com) and use the code 25 68 20 7

# Which tactic do you feel you most need to develop to boost your wellbeing?

Mentimeter





# Regulating Emotion Advanced Composure



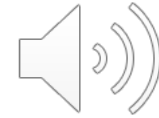
- TC 2a Breathing Deeper Slower
- TC 2b Body Scan to Relax
- TC 2c Grounding Mindfulness

# Regulating Tactics

**Regulating Tactics** - techniques and actions that gather your attention in the here and now. *Creating composure through* relaxation, grounding, physically reducing the experience of tension and helping to activate the clear-thinking centres of the brain.



# Tactical Composure Exercises AUDIO



- Breathe, Power down & Refresh



1. RECOGNISING	2. REFRAMING	Reframing Tips
<p><b>When 'X' happens....</b> Record specifically what 'X' is – usually a typical behaviour, situation or interaction that triggers tension or bothers you in some way.</p> <p><b>I typically react by....</b> Record what you tend to think, do, say, feel or notice in your body when 'X' happens</p> <p><b>And the effects or consequence of this are that...</b></p>	<p><b>I typically think these types of AUTOMATIC THOUGHTS in this situation</b> Write your automatic thoughts, using the actual words and sentences you notice in your mind.</p> <p><b>However, I can choose to REFRAME TO DELIBERATE HELPFUL THOUGHTS such as</b> Write your 'reframed' thoughts, using the actual words and sentences you would rather think, to better serve you, others and your goals in the situation.</p>	<p>A core technique here is to identify and replace RED thoughts (tension producing thoughts) with GREEN thoughts (tension relieving thoughts). If we catch our thinking (in words) we can determine if we're making any unhelpful assumptions or thinking patterns.</p> <p><u>Ask ourselves:</u></p> <ul style="list-style-type: none"> <li>• what am I telling myself about this?</li> <li>• is the thinking fair and reasonable?</li> <li>• am I overthinking or ruminating on it?</li> <li>• is it a helpful thought?</li> <li>• is what I'm thinking 100% true or should I check my data and assumptions?</li> <li>• what would I tell a friend in this situation?</li> <li>• is there a more constructive way of thinking about this?</li> <li>• am I jumping to conclusion?</li> <li>• am I over-focused on what others might think?</li> <li>• am I thinking the worst?</li> <li>• am I taking it too personally, when it's not about me?</li> <li>• am I unfairly labelling myself or others here?</li> <li>• is this a time to be self-compassionate?</li> <li>• overall, is this way of thinking contributing to my tension or worry, or helping to contain it?</li> </ul>

3. REGULATING (tension and composure)	4. REHEARSING (a composed response)	5. RESULTS
<p>I can help myself regulate tension levels by one or more of the following – often in discreet ways.</p> <p><i>Recognising</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Catching early signs of tension or triggers</li> <li><input type="checkbox"/> Just acknowledging thoughts and feelings</li> <li><input type="checkbox"/> Becoming aware of oneself in the moment (out of autopilot)</li> </ul> <p><i>Regulating Down</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Breathing Deeper Slower</li> <li><input type="checkbox"/> Body Scan to Relax</li> <li><input type="checkbox"/> Grounding Mindfulness</li> <li><input type="checkbox"/> Visualisation of the Beach or something nice</li> <li><input type="checkbox"/> Progressive Muscle Relaxation</li> <li><input type="checkbox"/> Talking with someone</li> <li><input type="checkbox"/> Exercise or physical activity</li> <li><input type="checkbox"/> Relaxation, meditation, yoga, etc</li> <li><input type="checkbox"/> Calming thoughts and actions (eg, a quick break, using a motto or affirmations)</li> </ul> <p><i>Refocusing</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> On the task at hand</li> <li><input type="checkbox"/> On the next priority action</li> <li><input type="checkbox"/> On the next safe and wise move</li> <li><input type="checkbox"/> By going a little slower and steadier</li> <li><input type="checkbox"/> By just persisting and keeping on going</li> </ul> <p><i>Reconnecting</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> To the good things and people in my life I'm grateful for</li> <li><input type="checkbox"/> To accomplishments and past successes</li> <li><input type="checkbox"/> To personal values, skills and meaning</li> <li><input type="checkbox"/> Through prayer or meditation</li> </ul>	<p>Use the Self-Instructional Method (S.I.M.) to program your chosen, composed approach. So, when "X" happens next time I will (think, do, say etc)....</p>          <p>GUIDE: Next time it happens, what wise action would serve me and others well in this situation?</p> <div style="display: flex; justify-content: space-between;"> <ul style="list-style-type: none"> <li><input type="checkbox"/> Just listen and/or defuse</li> <li><input type="checkbox"/> Continue carefully</li> <li><input type="checkbox"/> Clarify the issue or need</li> <li><input type="checkbox"/> Accept and cope for now</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Give feedback or ask for change</li> <li><input type="checkbox"/> Just observe without fixing it</li> <li><input type="checkbox"/> Tactical withdrawal</li> <li><input type="checkbox"/> Ask for help or advice</li> </ul> </div>	<p>NOW: What immediate results do I have now by just using this worksheet in order to be planned and tactical? Feel more prepared or ready than before?</p>          <p>AFTER: What results did you get by using your tactical composure plan when situation "X" happened again? And what would you do differently next time?</p>



# Tactical Composure Exercises AUDIO



- 10 minutes of Calming Mindfulness



# 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)  
[service@yespsychology.com.au](mailto:service@yespsychology.com.au)

