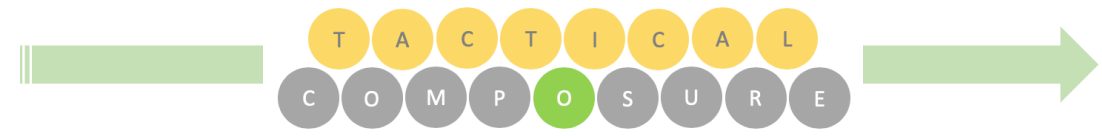




**REACTING MODE**

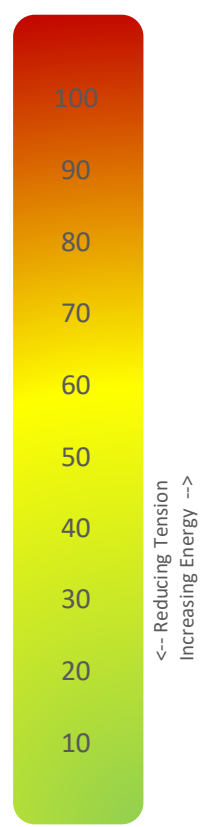
Fast thinking, *auto*  
Subconscious Effortless



**RESPONDING MODE**

Slow thinking, *manual*  
Conscious and Effortful

100 = HIGHEST EVER  
TENSION LEVEL: stress, frustration, anxiety

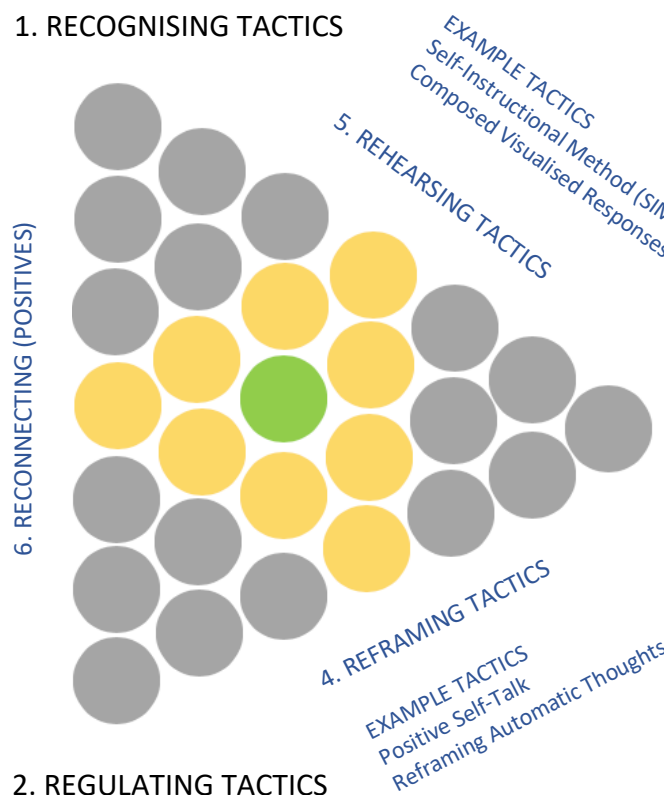


0 = LOWEST EVER  
TENSION LEVEL: calm, relaxed, almost asleep

**1. RECOGNISING TACTICS**  
EXAMPLE TACTICS  
Acknowledging and Noting  
Recognising signs of tension  
Identifying triggers and tactics

EXAMPLE TACTICS  
Social connections  
Recall accomplishments  
Connect to values & goals

**2. REGULATING TACTICS**  
EXAMPLE TACTICS  
Breathing and Body-Scan  
Progressive Muscle Relation  
Time-Out, Grounding & Centering



**5. REHEARSING TACTICS**  
EXAMPLE TACTICS  
Self-Instructional Method (SIM)  
Composed Visualised Responses (C-VR)

**4. REFRAMING TACTICS**  
EXAMPLE TACTICS  
Positive Self-Talk  
Reframing Automatic Thoughts

**3. RE-FOCUSING TACTICS**  
EXAMPLE TACTICS  
Checklist or Check-in with someone  
The Next Best Sensible Action?  
Pause; Start; Go Slower

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, wellbeing and resilience.