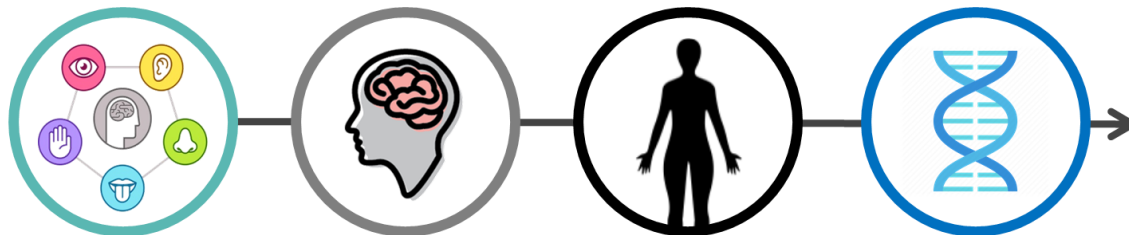


BE MINDFUL



Our resilience is impacted by our brain's ability to effectively manage stress. The four stages that our brains use to manage stress are:



STAGE 1

Stimuli from one or more of the five senses is sent to the brain

STAGE 2

The brain deciphers the stimulus as either a threat or non-threat

STAGE 3

The body stays activated until the threat is over

STAGE 4

The body returns to homeostasis, a state of physiological calmness, once threat is gone

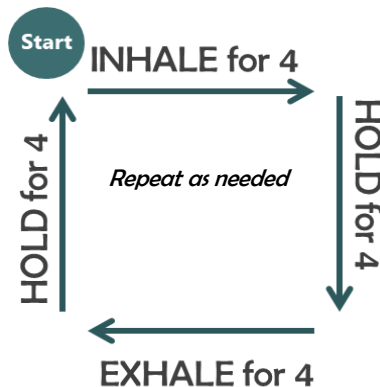
We often get “stuck” in stage 3 as our brain has a hard time deciphering when a “threat” is actually gone. Mindfulness exercises can help, both in the moment, and long term with transitioning from stage 3 to stage 4. They calm our activated limbic system, signaling the threat is gone. Below are some simple exercises you can try.

5 Senses Grounding:

Take a moment to find:

- * 5 things you can see
- * 4 things you can feel
- * 3 things you can hear
- * 2 things you can smell
- * 1 thing you can taste

Box Breathing



Try one of the exercises above. What do you notice in your body?

When might you want to use one of these exercises?