



### TOOLS/PRACTICES

#### PRESENCE

- Mental Exercises:
  - Body Sensations
  - Sound
  - Intention

#### CALM

- Mental Exercises:
  - Choosing Calm
  - Body Scan
  - Conscious Muscle Relaxation
  - Deep Breathing
  - Mindful Movement/Stretching
- Mental Noting

#### CLARITY

- Mental Exercises:
  - Awareness of Emotions
  - Gratitude
- Wheel of Emotions
- Daily Gratitude Worksheet
- Savoring

#### CREATIVITY

- Mental Exercises:
  - Pause Method 3-Min Daily Practice
  - Awareness of Thoughts
  - Open Awareness
- Wise Brain Reps
- Catching the Negativity Bias

#### CONNECTION

- Mental Exercises:
  - Breathing Kindness
  - Offering Kindness
  - Inner Strength

#### WISDOM

- Mental Exercises:
  - Inner Refuge
- Building Inner Trust



### INTEGRATIONS

#### PRESENCE

- Single-Tasking
- Focus Blocks

#### CALM

- One Breath Rule
- Relaxed Productivity
- Attitude of Non-striving
- Minding Your Window of Tolerance

#### CLARITY

- Name It To Tame It (difficult moments)
- Name It To Fuel It (pleasant moments)
- Survival Brain to Wise Brain
- "This is how it is now; and it will change"

#### CREATIVITY

- Reframing (find opportunity in challenge)
- What Went Well (Friday reflection)

#### CONNECTION

- Taming Your Inner Critic (persona)
- Self-Compassion Pause
- Soothing Touch

#### WISDOM

- Monthly Resilience Game Plan (ritual: read daily)