



- 1) When I am operating in my window of tolerance, I...

- 2) When I am operating in hyperarousal, I...

- 3) When I am operating in hypoarousal, I....

- 4) I can use my breath to keep me in my window of tolerance by....

- 5) Today, I can commit to this action step to improve my well being....

Scan for some of my
favorite resilience
building recipes.



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