



# Healthy Automatic Behaviours in Threatening Scenarios (HABITS)

## Aide Memoire for creating HABITS

H - HEALTHY levels of pressure (EUSTRESS)

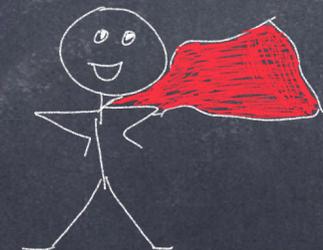
A - ATTENTION - practice focussing where you choose

B - Be in ONE place

I - "I" can see this is important

T - TRAIN HARD FIGHT EASY

S - SET THE STANDARD



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