
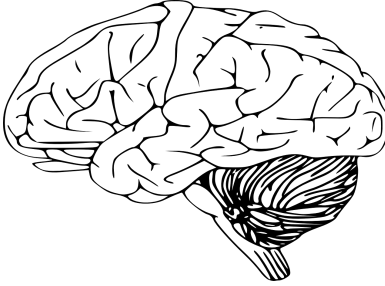
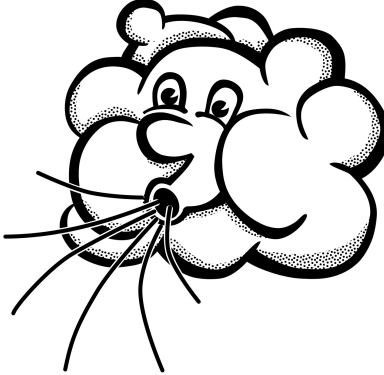


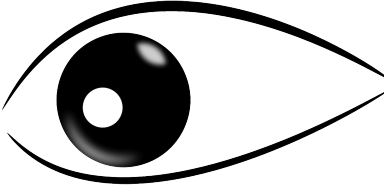




# Rules of Engagement

Options **proven** to help when you get flooded, overwhelmed, or stuck:

<p>slow down</p> 	<p>think it through</p> 	<p>deep breath</p> 
<p>notice and be curious</p> 	<p>take a walk</p> 	<p>take an observer stance</p> 
<p>name your sensations</p> 	<p>name your emotions</p> 	<p>practice active listening</p> 