

REAR ALLIES FIELD NOTES

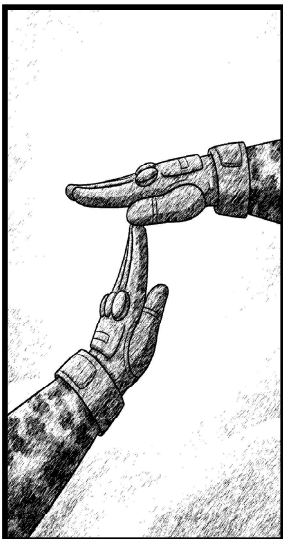
Designed to support calm, focus, and resilience in high-stress environments

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MANAGING CALM IN HIGH-STRESS ENVIRONMENTS

In demanding work environments, stress is often treated as unavoidable and calm as a luxury. In reality, calm is a skill. A skill that can be practiced in small, intentional moments throughout the day. Managing calm does not mean ignoring pressure or minimizing responsibility; it means creating brief pauses that allow the nervous system to reset so focus and decision-making remain intact.

Whether through steady breathing, short movement breaks, or moments of quiet reflection, these micro-resets help prevent stress from accumulating unchecked. Over time, consistent practices, however simple, support resilience, clarity, and sustained performance, even in environments where the pace rarely slows.



PAUSE WITH PURPOSE

- Step away from your desk for two minutes.
- Pause before responding to an email or message.
- Take three slow breaths before your next task.
- Reset your posture and relax your shoulders.
- Take a short walk or stand up to reset.
- Resume work with intention, not urgency.

RESET TOOLS YOU CAN USE ANYWHERE

1

HYDRATE + FUEL

Consistency matters

2

MOVE GENTLY

Stretch, yoga or mobility work

3

BREATHE WITH INTENTION

*Try box breathing (4-4-4-4)
Inhale, Hold, Exhale, Hold
4 seconds each + repeat*

GROUNDING SOUNDS

Brown Noise

Ocean Soundscapes

Deep Focus

Turn on these sounds during rest periods, journaling, and before sleep to reduce mental noise.

“Between stimulus and response, there is a space. In that space is our power to choose our response.”

- Viktor E. Frankl



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