

# STAYING CALM

Relax:  
Exhale to begin a relaxing breath.

Get a focal point.

Breathe in slowly; keep the breath small.  
It is NOT deep breathing!

Check your jaw.  
Run your tongue up the roof of your mouth until you feel  
the soft palate.

Keep your facial expression  
and body language neutral.

Check your mouth,  
arms, hands, &  
eyebrows.

Congratulations!

You have overridden nature and are ready to be in your  
cortex and make decisions.