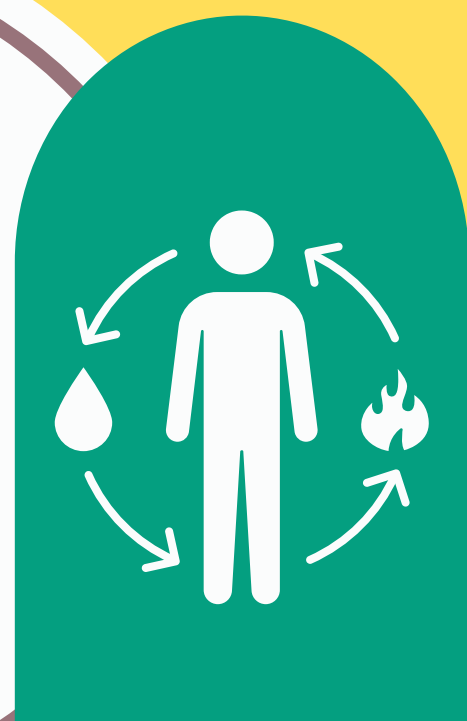


INTERRUPT & RESET 3 STRATEGIES TO ENGAGE CONSTRUCTIVELY

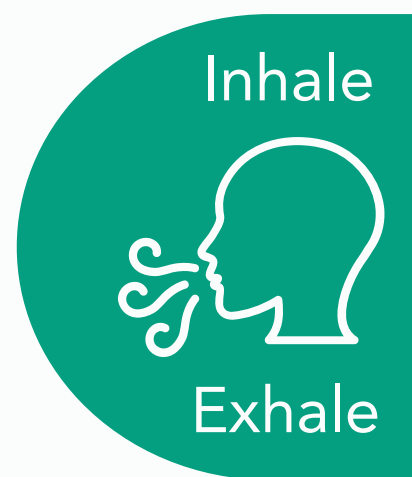


Approaching challenging discussions with calm and clarity starts with intentional preparation. These techniques can help regulate your nervous system, creating a sense of calm and balance. By using one or a combination of these practices, you can manage stress responses effectively, helping you stay grounded and present. This not only supports clearer communication but also leaves you feeling more at ease and in control during stressful moments.



1 BIOLOGICAL INTERRUPTION - BREATHE

Inhaling helps regulate anxiety by activating the sympathetic nervous system, increasing alertness and focus. **Exhaling** regulates a frozen state by engaging the parasympathetic nervous system, promoting relaxation. Breathe in for a count of five and out for a count of five. This balanced breathing restores homeostasis, calming the mind and body.



2 PHYSIOLOGICAL INTERRUPTION - MOVE

Taking a walk or shaking your body helps discharge pent-up energy and tension, activating the parasympathetic nervous system. This physical release can reduce stress, lower cortisol levels, and promote relaxation. By restoring the body's natural balance, moving or shaking aids in returning to homeostasis, enhancing emotional and physical well-being.



3 MENTAL & PHYSIOLOGICAL INTERRUPTION - TAP

EFT, known as emotional freedom technique is a way to access your body's energy and send signals to the part of the brain that controls stress. By stimulating meridian points tapping can reduce the stress or negative emotion you feel ultimately restoring balance to your disrupted energy. Learn more [here](#) or at thetappingsolution.com.

