

1. Maintain an Open Posture.
2. Belly breathe – deeply and slowly.
3. Smile.
4. Feel curious: *“Hmmmmm...”*
5. Firmly pat your torso and limbs.
6. Yawn.
7. Imagine yourself 10 feet tall.
8. Put on your *Invisibility Cloak*.
9. Ask yourself: *“Am I safe right now?”*
10. Expand – *out to the stars!*

*Managing Emotions in the Moment*