✂️ **Card 1 of 4 · Plan A or Plan B?**



Math test. You feel frustrated.

Plan A: box breathing at your desk. It's quiet, and you can do it without anyone noticing.

☝️ **Plan A works** · ✌️ **Switch to Plan B**

✂️ **Card 2 of 4 · Plan A or Plan B?**



Loud gym. Someone bumps you hard.

Plan A: 5-4-3-2-1 grounding. It's too loud and busy to focus.

☝️ **Plan A works** · ✌️ **Switch to Plan B**

✂️ **Card 3 of 4 · Plan A or Plan B?**



Job site. A long line of customers. You feel rushed.

Plan A: walk to the break room. You can't leave the register right now.

☝️ **Plan A works** · ✌️ **Switch to Plan B**

✂️ **Card 4 of 4 · Plan A or Plan B?**



Lunch. A friend says something rude.

Plan A: cool thoughts: “It's not worth it.” You try it, and your shoulders relax.

☝️ **Plan A works** · ✌️ **Switch to Plan B**

✍ **Exit line** Name: _____

This week I'll use _____

when _____.

✍ **Exit line** Name: _____

This week I'll use _____

when _____.

✍ **Exit line** Name: _____

This week I'll use _____

when _____.

✍ **Exit line** Name: _____

This week I'll use _____

when _____.