

REFOCUS

ON WHAT'S IMPORTANT NOW

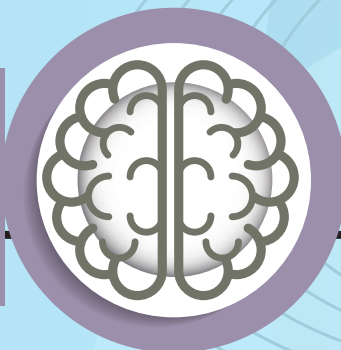
STRESS



Stress is entirely normal and finds its way into everyday life. But when a stressful situation in one area of our life splits our attention from the task at hand, it can result in errors and poor performance.

WHAT'S IMPORTANT NOW?

Rather than being consumed by stress and wasting critical energy, take control by identifying What's Important Now.



TRY USING A REFOCUSING ROUTINE



A well-practiced refocusing routine can direct attention, thoughts, and energy to the present and the task at hand. It can be done anytime attention is split.

PRACTICE IT!

Imagine you are preparing for a promotion board. Here is an example of a refocusing routine you can use if you experience distracting thoughts as you walk in:

1. Take three deliberate centering breaths.
2. Say "I'm ready for this."
3. Think What's Important Now: "Refocusing on how I will introduce myself to the board."



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