## BRAVE TODAY

Breathe
FILL YOUR WHOLE BODY WITH AIR.
SLOWLY RELEASE THE AIR (TAME IT).

Relax
RELAX.
LET GO OF THE TENSION THROUGHOUT YOUR BODY.

Ask What are the facts? What am I feeling?

Validate
CONFIRM YOUR EMOTIONS.
IDENTIFY YOUR EXPERIENCE.

Engage
WHAT ARE MY NEXT STEPS?
WHO CAN SUPPORT ME?