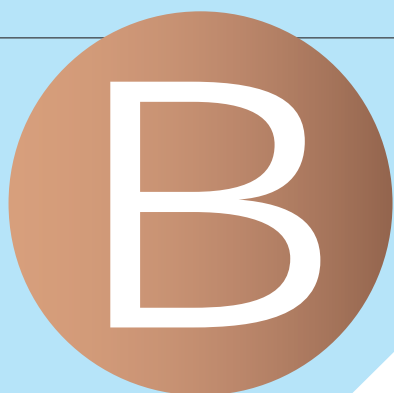


LET'S BE

# 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?

