

# PRACTICE 5: RESPOND

DEVELOP PERSONALIZED STRATEGIES TO PROMOTE RESILIENCE AND RESTORATION.

ADULTS & EDUCATORS

**MODULE 10** - Our levels of energy and tension are always shifting as our brain and body try to help us meet the demands created by various stressors. Excess stress can put our energy and tension out of balance. When that happens, we feel tense and low on energy too much of the time. So, we need to be able to reduce our tension and restore our energy. What sorts of things do you do to release or let go of your tension?

## HOW DO YOU RESPOND TO YOUR TENSION?

In this task, create a list of strategies or activities that help you reduce tension and increase your energy. Remember that these are different for everyone. For example, going for a run, relaxing in the bath, or making a cup of coffee to start your morning.

Think about how these relate to the stressors you identified in Step 2 (Recognize)?

Remember, Step 5 Responding differs from Step 3 Reducing, as these are not 'in the moment' ways to reduce stress, but rather are to provide yourself with energy and reduce your tension to bring about a state of calm and better tackle those unknown stressors that may be on the horizon.

