

THE **RESILIENT** MIND™
...for mental fitness



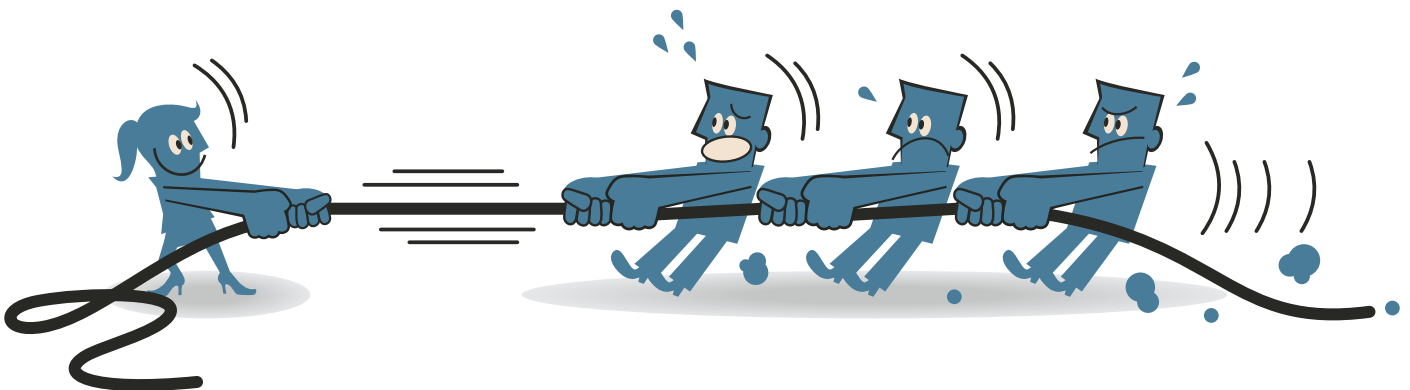
First Trait Of Resilience

Becoming aware of your early warning signs



Table of content

01. What is escalation?	Page 3
02 Early warning signs of stress	Page 4
02. Exercise	page 5
03. Resources	page 6



***Have you experienced that
when you are in a stressful state,
your thoughts and emotions
can become extreme and inflamed?***

We call this escalation. We want you to view stress event with a new term – ‘stressful escalated state’. It best describes what goes on in your psychology.

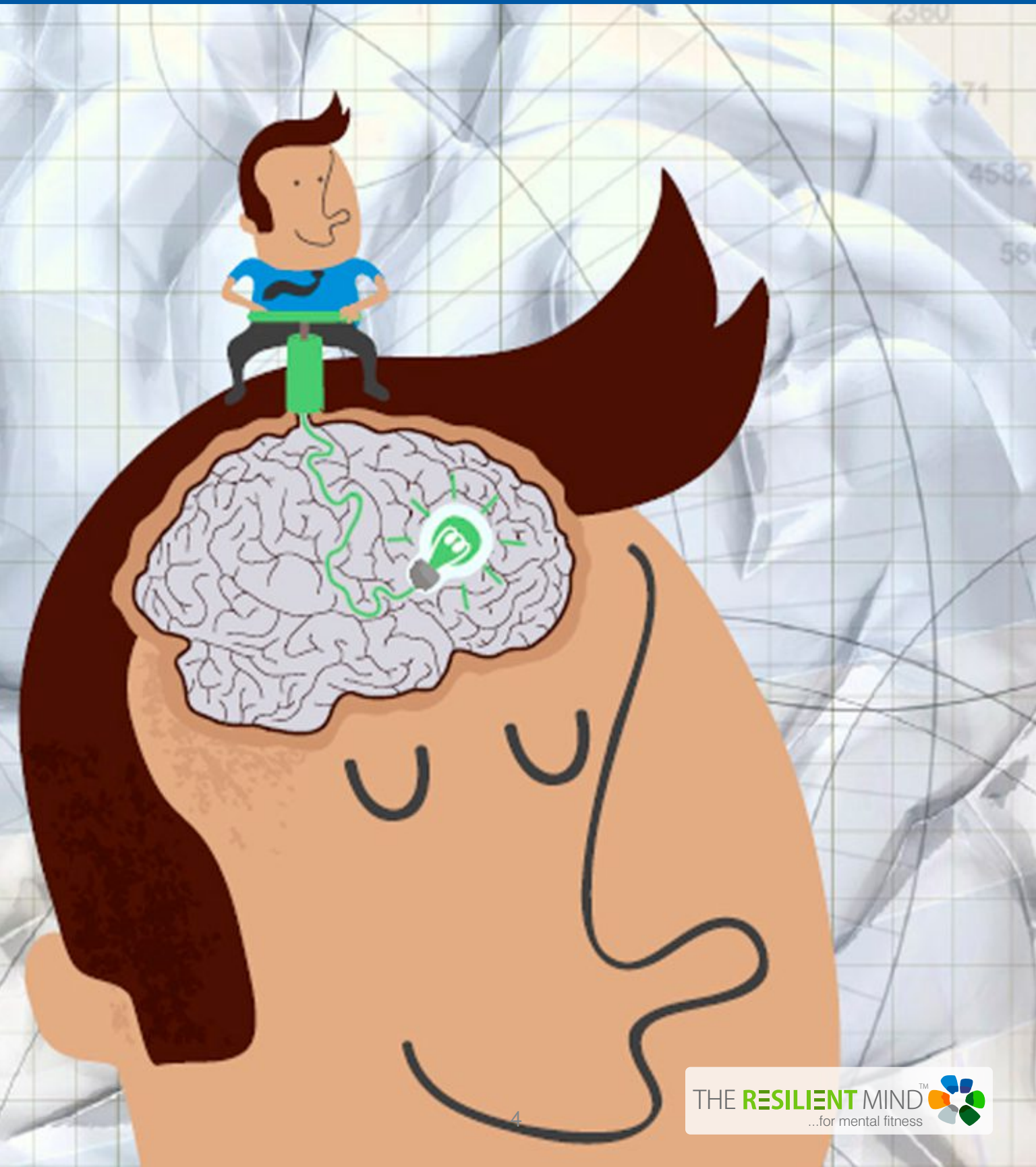




Does stress have early warning signs?



Stress can have early warning signs. If you become sensitive to them, it will become easier to apply your calming skills rather than waiting until you're in a fully escalated, stressful state.



Exercise

How to know you are moving to an escalated state?

Below is a list of some of the most common early warning signs of stress. Check the ones you experience when you're moving into an escalated state.

- tightness around my forehead
- fatigue
- quick-tempered
- being uncooperative
- hollowness in my chest
- discomfort in my stomach
- impatience with self and others
- stiff neck
- strong, immediate emotions such as:
fear, sadness, shame, anger, etc.
- others

Keep a record of your escalation events as it will help you build awareness, which is a prerequisite to becoming skilled at calming tools.



Now that you are becoming aware of your
early warning signs

Subscribe To Learn
how to use the calming skills