

# 4 techniques for a quick recharge

What can you do in the moment when you are stressed that enables you to quickly stop, recalibrate and recharge, so that you can be more effective again?

## HALT

*Step 1: Notice when you are out of alignment and need to reconnect.*



Hungry?  
Angry?  
Lonely?  
Tired?



**STEP 2:** Decide to use a technique to quickly bring you back in tune

- ▶ Breath awareness - Pay attention to your breath for a few minutes to center and calm yourself. Allow the breath to become deeper and longer. Efficient and calm action will become obvious.
- ▶ Use HeartMath Attitude Breathing Technique to change your mood to a more positive emotional state.
- ▶ Shake it off! Just like a dog shakes off cold water, give your whole body a good shake; starting from the head, neck, trunk, arms and legs, ending with the feet. Then give a good stretch!
- ▶ Notice what has you worried and fretting. Ask yourself: Is what I believe about this situation even true? Can I know that for sure?
- ▶ BonusPro Tip for Veterinarians and cat owners: Place your ear on your cat's chest and listen to the PURRRR! for a few minutes. Nothing beats this technique.

