

PAUSE BEFORE YOU REACT



REFLECT BEFORE REACTING

Take a moment. Pause before you respond—clarity > impulse.



MEDITATE AND LIVE IN THE NOW

Even 2-5 minutes a day helps center your thoughts.



TAKE A TACTICAL PAUSE

Step back. Breathe. Reset your mindset.



INVEST IN YOUR INNER PEACE

Prioritize what keeps you grounded. Mental fitness matters.



BREATHE AND CLEAR YOUR MIND

Inhale 4, hold 4, exhale 4. Repeat. Feel the shift.



FIND YOUR CALM

Recalibrate. Then execute with confidence.

SPIRITUAL FITNESS = MISSION READINESS. TAKE A MINUTE...RECENTER. REFOCUS. RESET.

Chaplains are an available resource to help guide you through life's challenges and establish goals toward strengthening your spiritual readiness.



For more resources and information, The **Community Counseling Program** and **Operational Stress Control and Readiness Teams** also can provide support.