

STRESS INOCULATION TECHNIQUES

PHASE I (COGNITIVE CONTROL)

1. Breathing: Start by breathing in through your nose deep into your diaphragm then exhale out of your mouth. Repeat 3 to 4 times, try to be subtle, not noticeable.
2. Reality Analysis: Once in an event of Anger or Anxiety, tell yourself that you are in a state anger or anxiety. Example: State I am angry with people at work or I am fearful of driving on the freeway.
3. Positive Thought Extensions: After stating what event you are in (e.g., anger or anxiety) extend your thoughts towards a positive inference. Example: I just can't control my anger, but I am slowly learning how too. Or, I am scared to drive on the highway, but I am slowly learning to not be scared.

PHASE II (PHYSIOLOGICAL CONTROL)

1. Connect Mind and Body: By asking yourself a connecting question.
2. Connecting Question: Ask yourself is my heart racing, or am I nervous, or tense. (Physical self has to do with anything that makes you react).
3. Slow Physiology Down: Slow down your physical self by telling yourself I want to slow my heart down, or I don't have to be nervous, or tense.

PHASE III (CALMING)

1. You've gone through Phase I and Phase II, now begin to Calm yourself by taking what you need from Phase I; Example: If you need to breath more do so...breath more, then take from Phase II if needed by slowing your heart or nervousness down, use what you need from the Phases.