SOCIAL FABRIC · A TASTER

Self-Regulation Under Pressure

Simple tools to stay steady under pressure.

What you'll take away



01 Calm yourself quickly, in the moment.

02 Know where stress shows up in your mind and body.

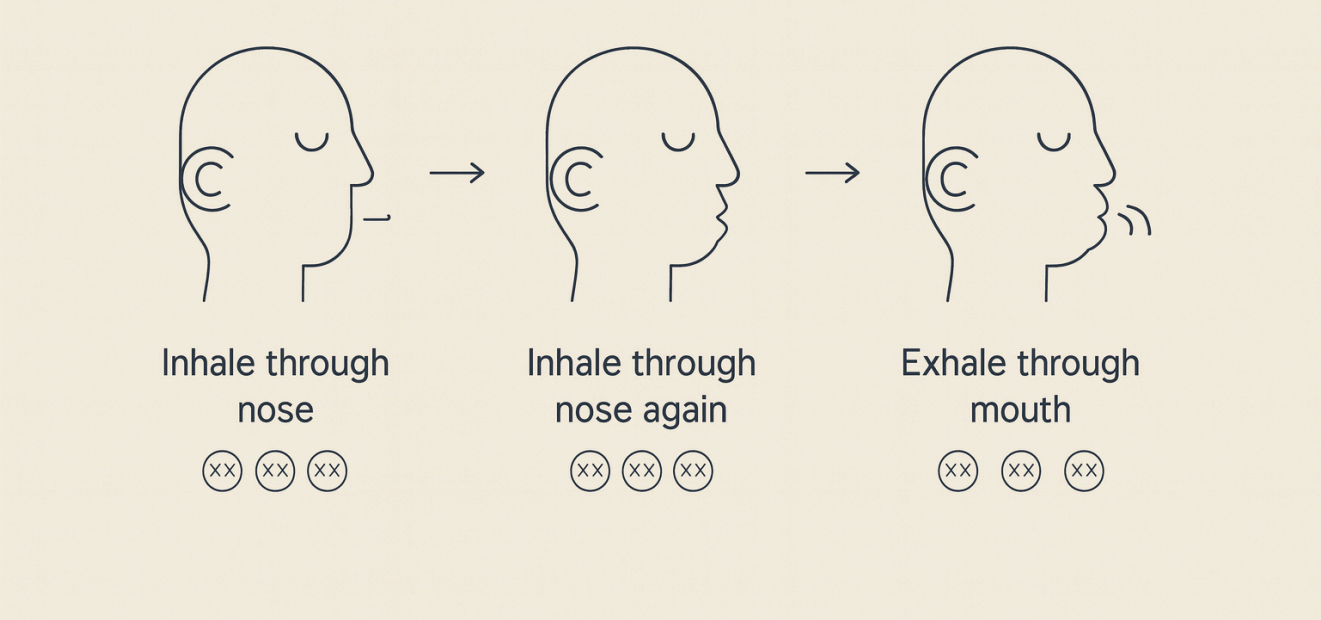
03 Leave with one practice you'll actually use.

How are you, really?



The physiological sigh

Two inhales, one long exhale. The fastest way we know to bring stress down, anywhere.



How stress shows up

It doesn't always feel like "stress." Often it looks like…

- A short fuse
- Long hours
- Going quiet
- Scrolling
- Another coffee
- Can't switch off

In the chat: write how it shows up for you

THREE PLACES STRESS LIVES

Gut · Heart · Head

Three places stress lives in the body. Three ways back to steady.



Gut

Butterflies, clenched stomach

PRACTICE · BODY SCAN

Notice where it lands in your body.



Heart

Heavy chest, racing pulse

PRACTICE · DELIBERATE BREATHING

Attune to your breath. Place a hand on your heart.



Head

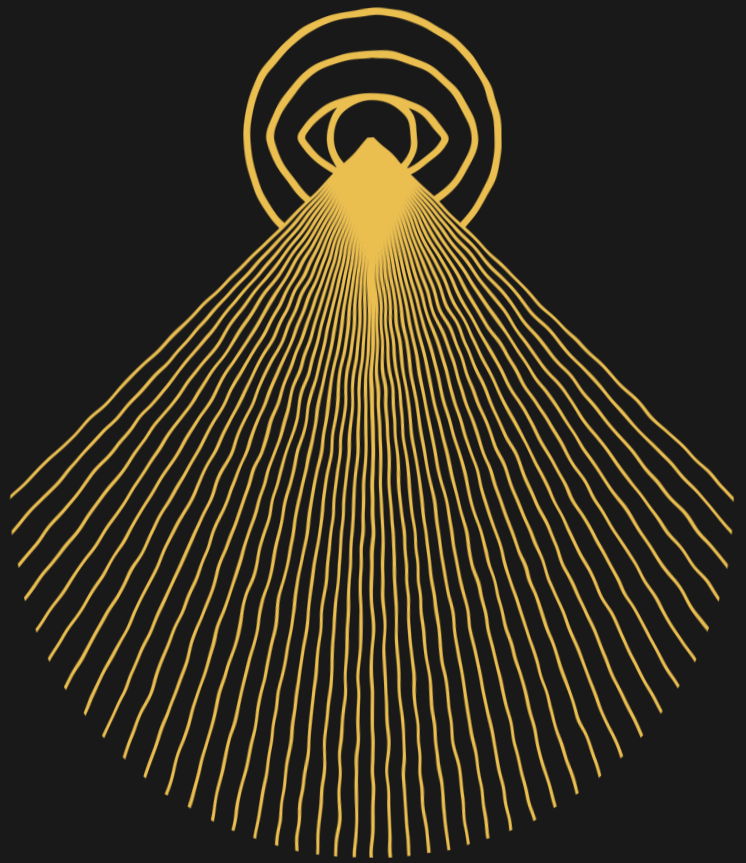
Looping thoughts, the 2am replay

PRACTICE · WRITING

Get it out of your head and onto paper.

Body scan

Close your eyes.



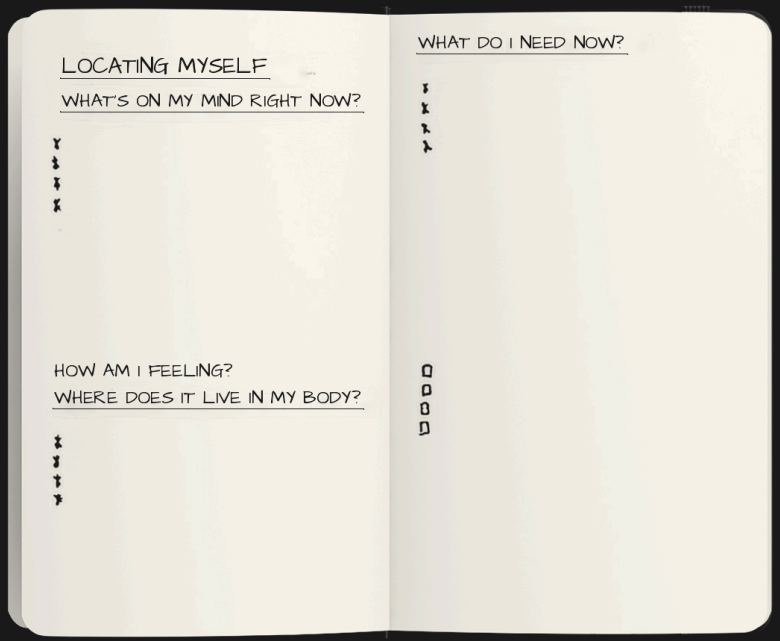


Feel your breath

One hand on your heart.

Place one hand on your belly.

Notice your breath. No need to change it.



05 · HEAD

Put pen to paper

Locating myself

What's on my mind right now?

How am I feeling, and where does it live in my body?

What do I need now?

5 MINUTES

06 · COMMIT

Make it a ritual

Pick one practice. Then test it against the five Cs.

01 **Commitment**
Why do it? Will it become part of who you are?

02 **Creativity**
What resources do you have? What experiments can you try?

03 **Community**
Who will you share it with? How will you stay accountable?

04 **Consistency**
Is it repeated? Are you devoted to it?

05 **Celebration**
Have you made space to honour it as a ritual? How?

SOCIAL FABRIC

Want this for your team?

Run as a talk, a team jam or a full day.