## **INSIDE JOBS**

## COACHING COMPANY

## **QUIETING RESPONSE**

When you find yourself in a stressful situation, taking a minute to use the Quieting Response will help you be able to respond thoughtfully instead of reacting emotionally.

- 1. Take 3 deep breaths.
- 2. Relax your muscles and say to yourself, "leave my body out of this".
- 3. Smile! (It's hard to be angry when smiling.)

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