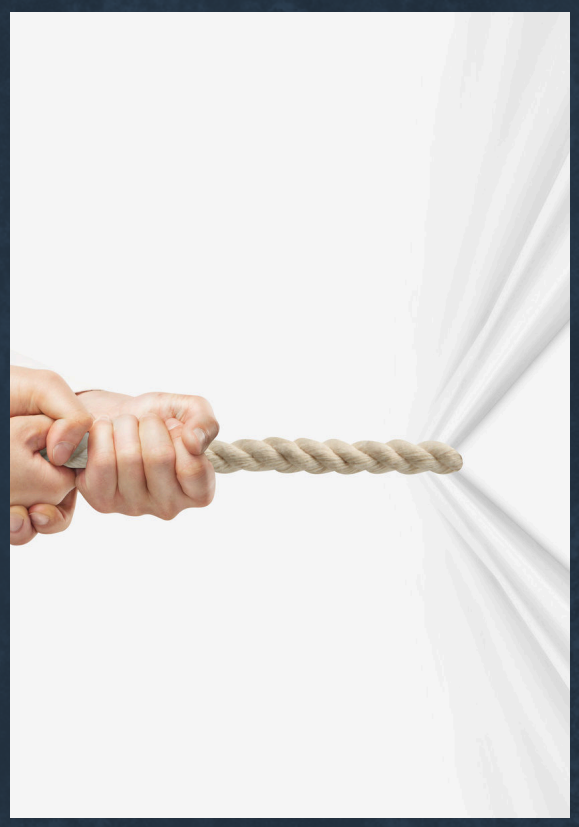
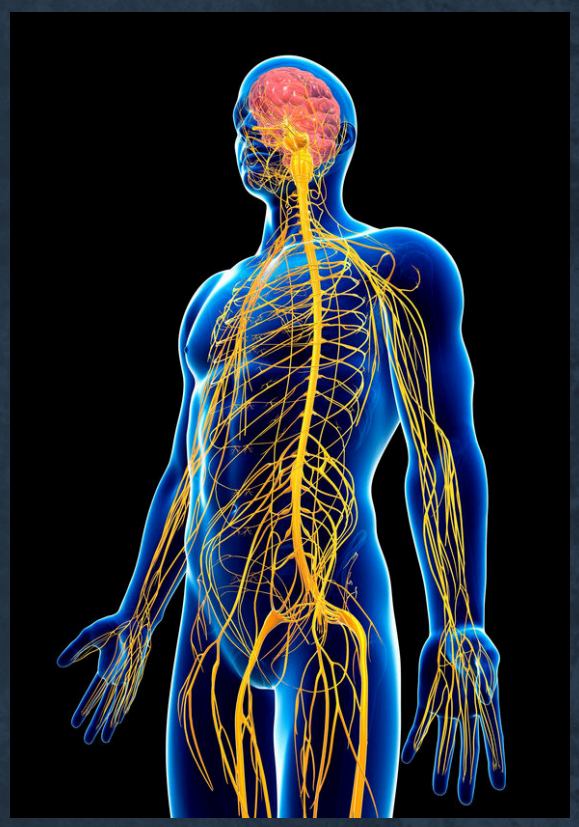
FRONTLINE FRAMEWORKS

FORTIFY THE FRONTLINE

TACTICAL PAUSE & RESET







CORE FRAMEWORK: THE 3 P'S

PAUSE:
INTERRUPT AUTOMATIC REACTION.
PULL BACK:
GAIN PERSPECTIVE.
PHYSICAL SCAN:
ASSESS YOUR BODY'S SIGNALS AND NEEDS.

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FORTIFY THE FRONTLINE

TACTICAL PAUSE & RESET

OVERVIEW

A PRACTICAL SET OF TOOLS TO HELP YOU RESET YOUR STRESS RESPONSE DURING HIGH-PRESSURE WORK. THIS TOOLKIT PROVIDES CLEAR, REPEATABLE STEPS TO MANAGE STRESS REACTIONS IN THE FIELD, IMPROVE DECISION-MAKING UNDER PRESSURE, AND MAINTAIN READINESS ON SHIFT.



CORE FRAMEWORK: THE 3 P'S

PAUSE:
INTERRUPT AUTOMATIC REACTION.
PULL BACK:
GAIN PERSPECTIVE.
PHYSICAL SCAN:
ASSESS YOUR BODY'S SIGNALS AND NEEDS.

USE BEST JUDGMENT WHEN PRACTICING THESE TECHNIQUES. ALWAYS PRIORITIZE SAFETY AND YOUR OPERATIONAL GUIDELINES

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FRONTLINE FRAMEWORKS

FORTIFY THE FRONTLINE

USE THIS WHENEVER YOU FEEL TENSION RISING
OR BEFORE YOU RE-ENTER HIGH-STRESS TASKS:



STEP 1: PAUSE

STOP. EVEN IF JUST FOR A BREATH.
ACKNOWLEDGE THE TRIGGER OR MOMENT.
TELL YOURSELF: “I AM PAUSING TO CHOOSE MY RESPONSE.”

STEP 2: PULL BACK



MENTALLY STEP BACK FROM THE SITUATION.
ASK: “WHAT AM I REACTING TO RIGHT NOW?”
SHIFT PERSPECTIVE: “HOW DO I WANT TO SHOW UP?”

STEP 3: PHYSICAL SCAN



NOTICE PHYSICAL SIGNS OF STRESS (TIGHT JAW,
CLENCHED FISTS, SHALLOW BREATHING).
RELEASE TENSION WHERE YOU CAN.
TAKE 1–3 SLOW, STEADY BREATHS.
CONSIDER MOVEMENT: WALK, STRETCH, REPOSITION.

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FORTIFY THE FRONTLINE

USE THIS WHENEVER YOU FEEL TENSION RISING
OR BEFORE YOU RE-ENTER HIGH-STRESS TASKS:

DAILY REMINDER CARDS

THE 3 PS CARD

PAUSE:
BREATHE. INTERRUPT THE AUTOPILOT.

PULL BACK:
GAIN CLARITY. CHOOSE YOUR RESPONSE.

PHYSICAL SCAN:
NOTICE, RELEASE, RESET.

USE ME ON SHIFT BREAKS. STICK ME IN YOUR LOCKER. CARRY ME ON SCENE.

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FRONTLINE FRAMEWORKS

FORTIFY THE FRONTLINE

USE THIS WHENEVER YOU FEEL TENSION RISING OR BEFORE YOU RE-ENTER HIGH-STRESS TASKS:

CHECKLISTS FOR SHIFT BREAKS

USE THIS 1-MINUTE RESET DURING SHIFT CHANGE OR BREAK TIME:

- ☐ CLOSE YOUR EYES (IF SAFE).
- ☐ TAKE 3 SLOW BREATHS.
- ☐ NAME WHAT YOU'RE FEELING.
- ☐ UNCLENCH HANDS/JAW.
- ☐ ROLL SHOULDERS.
- ☐ CHECK: HUNGRY? THIRSTY? NEED TO MOVE?
- ☐ SET ONE CLEAR INTENTION FOR NEXT CALL OR TASK.

USE BEST JUDGMENT WHEN PRACTICING THESE TECHNIQUES. ALWAYS PRIORITIZE SAFETY AND YOUR OPERATIONAL GUIDELINES