



5 QUICK TIPS

Personal Readiness Dimension *Psychological*

- 1 Express gratitude.**
Visual cues, like a photo of your favorite person, can help you remember to be grateful for the good things in life.
- 2 Take your mind off counter-productive thoughts.**
Think of something that brings you joy like a favorite song.
- 3 Practice self-control.**
Think before you act. It can help minimize impulsive behaviors and improve decision making, leading to better outcomes.
- 4 Try deep breathing techniques.**
Close your eyes and breathe in and out for 6 seconds each. Inhale through the nose and exhale through the mouth. Repeat.
- 5 Smile more.**
Smiling can have psychological and physical health benefits such as boosting your mood and lowering your blood pressure.

The five dimensions of Personal Readiness are Physical, Psychological, Social, Spiritual, and Family Preparedness.

