

Hot Call Cool Down

TACMOBILITY | ALEXIS UNSER, MS, LMFT

First things first, do 10 rounds of slow breathing to slow your HR. Relax your shoulders and stomach.

What is my body feeling?

What is my mind thinking?

Debrief Considerations:

What was your role in the incident?

What or who else contributed to this situation?

Was there anything different about this call?

Is there someone trustworthy to share the incident with?

What recovery step do I need to implement to reduce symptoms?



