

Life.Under Pressure.

THE 4 PILLARS — QUICK REFERENCE

When overwhelmed, stabilize in order.

1. PHYSICAL STABILITY

- ◆ Sleep.
 - ◆ Hydrate.
 - ◆ Move.
 - ◆ Breathe.
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2. COGNITIVE CLARITY

- ◆ Separate facts from projections.
 - ◆ Reduce variables.
 - ◆ Delay irreversible decisions.
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3. EMOTIONAL BALANCE

- ◆ Name the emotion.
 - ◆ Avoid reactive escalation.
 - ◆ Choose response over impulse.
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4. STRUCTURAL ANCHORING

- ◆ Complete one small task.
 - ◆ Maintain daily routine.
 - ◆ Reclaim micro-control.
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Stability precedes clarity.
Clarity precedes transformation.

The 4 Pillars of Stability (Quick Reference)

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 - **Breathe.**
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4. Structural Anchoring

- **Complete one small task.**
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