Let's Be Brave Today

B: Breathe
- Fill your whole body with air.
- Slowly release the air (tame it).

R: Relax
- Relax.
- Let go of the tension throughout your body.

A: Ask
- What are the facts?
- What am I feeling?

V: Validate
- Confirm your emotions.
- Identify your experience.

E: Engage
- What are my next steps?
- Who can support me?