



STAY LASER-FOCUSED

CHANNEL YOUR ENERGY TO WHERE IT MATTERS THE MOST

What's Important Now

When strong emotions or stressful situations distract you from the task at hand, remember this MRT skill: What's Important Now. This strategy directs your attention toward the relevant part of the task.

Refocusing Routine

1. Take three deliberate centering breaths.
2. Cue yourself: *I'm ready for this.*
3. Ask yourself, *What's Important Now?* It could be, *refocusing on how I introduce myself to the board or completing this ruck march.*



**DIRECTORATE OF
PREVENTION, RESILIENCE
AND READINESS**

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