

# Field Guide: Regulation Under Pressure

Simple tools to stabilize state, improve clarity, and support effective action.

Zero Step BASE

Built for clarity under pressure.

# How to Use This Guide

Use these tools when:

- Pressure increases
- Focus drops
- Reactivity rises
- Clarity is reduced

Approach:

Pause

Check

Act

Reset

Select one tool.

Use it briefly.

Return to the task.

These tools do not replace judgment.

They support performance when it matters.

# Field Card: Regulation Reset

## Pause

- Slow the breath
- Reduce physical tension

## Check

- What is happening inside me?
- Is my state helping or interfering?

## Act

- Lower intensity
- Focus on one next step

## Avoid

- Escalating emotion
- Ignoring early activation

## Reset

- Reassess and continue

# Field Card: Breathing Reset

## Pause

- Inhale slowly
- Extend the exhale

## Check

- Is my breathing shallow or fast?

## Act

- Slow the pace
- Stay steady for 3–5 cycles

## Avoid

- Forcing intensity
- Overcomplicating technique

## Reset

- Return to task

# Field Card: Movement Reset

## Pause

- Stand or shift position

## Check

- Is my body tense or stuck?

## Act

- Walk briefly
- Shake out tension
- Reset posture

## Avoid

- Staying static too long
- Overexerting

## Reset

- Return with improved focus

# Field Card: Sensory Reset

## Pause

- Engage physical contact

## Check

- Am I overloaded or disconnected?

## Act

- Tap-squeeze hands or arms
- Focus on physical sensation

## Avoid

- Overthinking
- Ignoring physical cues

## Reset

- Return attention to task