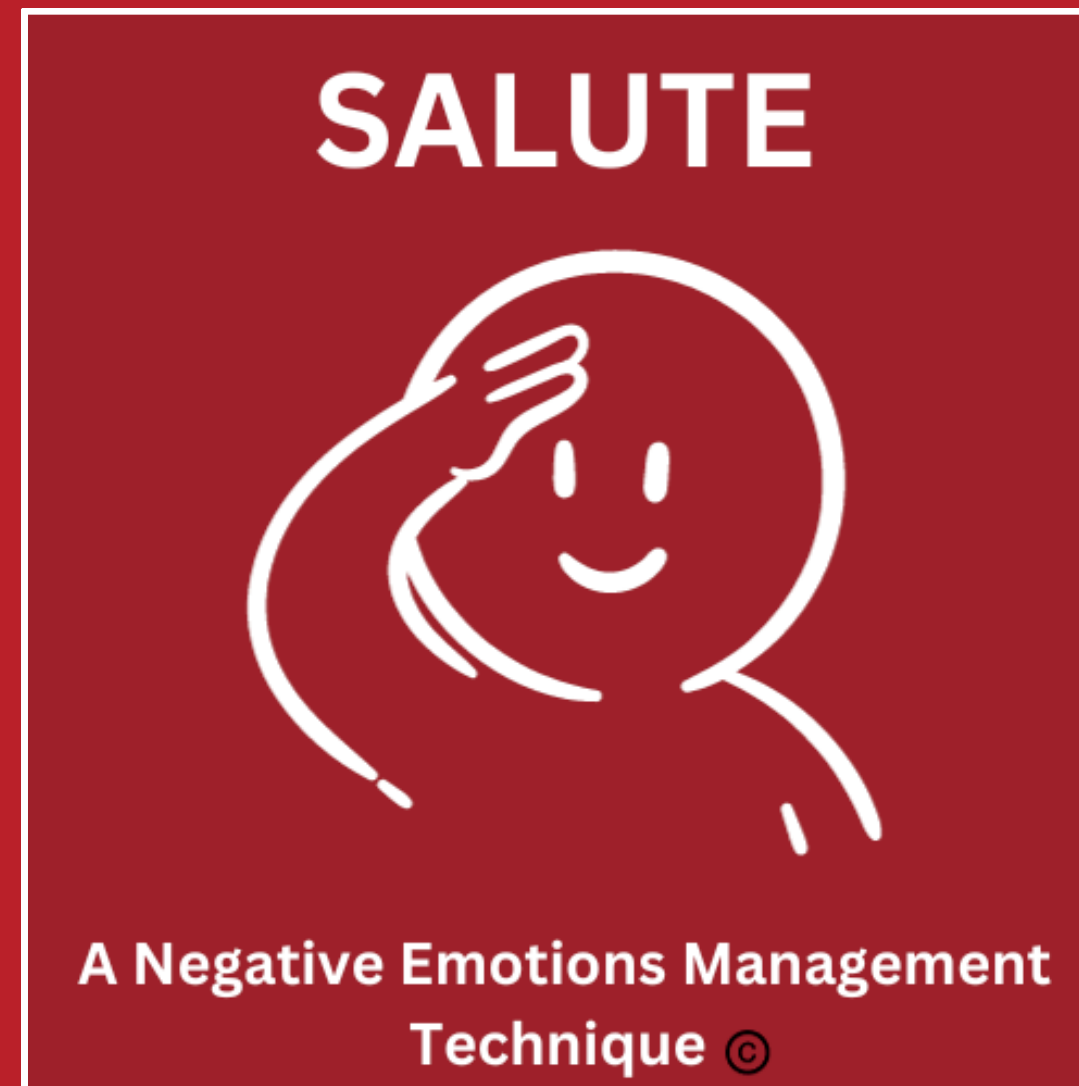


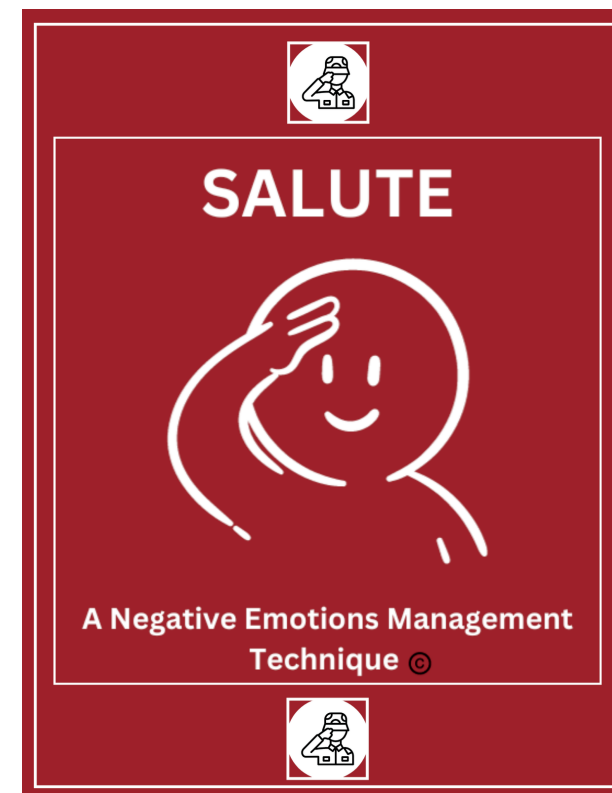
Lesson Two: Overview of the SALUTE Technique: Your Guide to Managing Negative Emotions



Mini-Course

Introducing the SALUTE Technique

- We all experience moments when negative emotions take over.
- The SALUTE Technique offers a structured approach to managing these emotions.
- Developed by Dr. M.C. Reyes, drawing from her U.S. Army experience and expertise in resilience.



Breaking Down the SALUTE Technique

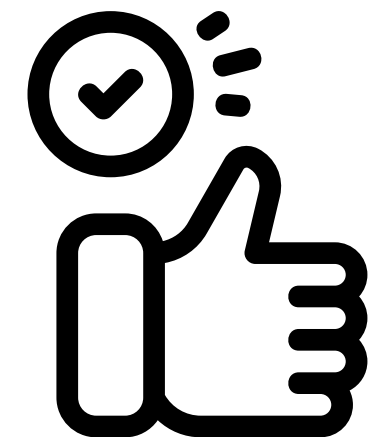
- **S - Stop:**

- Pause when negative emotions arise to interrupt the cycle.
- Create space between your reaction and response.



- **A - Acknowledge:**

- Recognize your emotions without judgment.
- Validate what you're feeling—anger, frustration, sadness—it's all okay.



- **L - Look Into:**

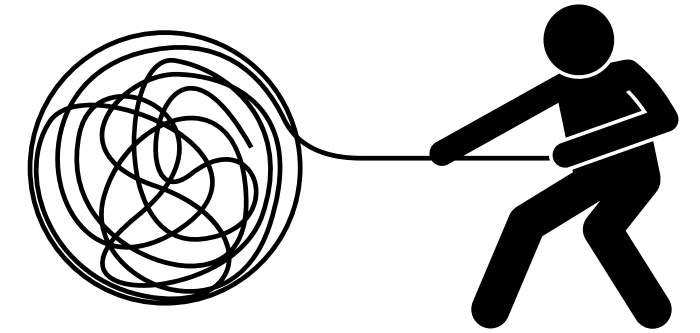
- Explore deeper to identify underlying issues or triggers.
- Gain insight into the root of your emotions.



Breaking Down the SALUTE Technique (Cont.)

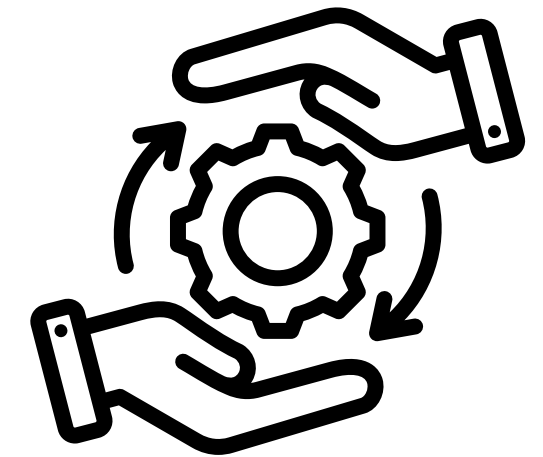
- **U - Unravel:**

- Assess what practical steps you can take to address the root causes.
- Consider how you can influence the situation positively.



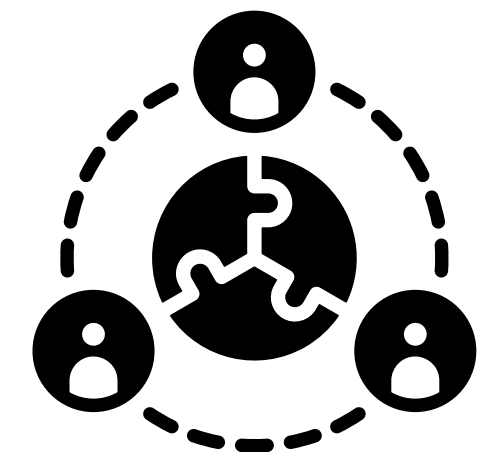
- **T - Transform:**

- Develop a plan that aligns with your goals and values.
- Respond proactively, not just reactively.



- **E - Engage:**

- Put your plan into action—commit and follow through.
- Actively manage the situation with your newfound clarity.





Benefits of Using SALUTE

- **Greater Emotional Clarity:** Gain understanding of what you're feeling and why.
- **Improved Problem-Solving Skills:** Identify and explore solutions to challenges.
- **Enhanced Resilience:** Build resilience by navigating emotional turbulence confidently.
- **Increased Sense of Control:** Actively steer your course rather than being swept away by emotions.
- **Mindful Response:** Stay present and aware of your emotional state, managing stress effectively.

Wrapping It Up

- SALUTE is more than just steps; it's a mindset shift.
- Reclaim power over negative emotions with curiosity, compassion, and control.
- Practice the SALUTE technique daily to build resilience, confidence, and emotional mastery.
- Ready to take charge of your emotional journey? See you on Lesson Two!

