

# Lesson Nine: Review



## Mini-Course

# Recap

- Recap of the SALUTE technique: Stop, Acknowledge, Look Into, Unravel, Transform, and Engage.
- Focus on integrating these steps into daily life to build lasting emotional resilience.
- Learn practical tips, use the printable template by Dr. M.C. Reyes, and track your progress.

RECAP

# Review and Reflection on the SALUTE Technique

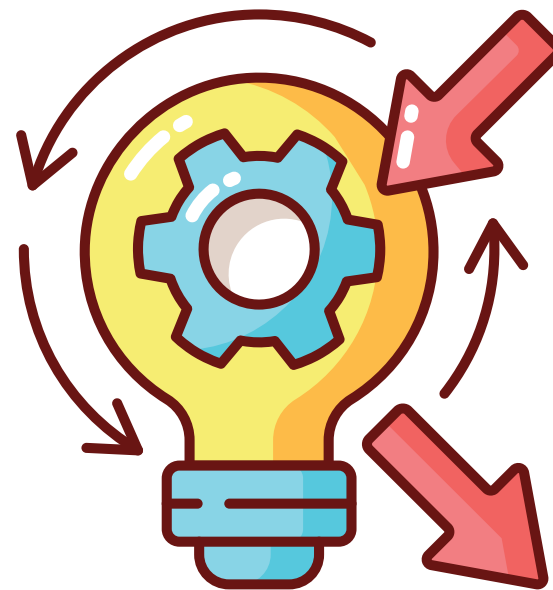
- **S - Stop:** Interrupt negative emotions by pausing and creating space to reflect.
- **A - Acknowledge:** Recognize and accept emotions without judgment.
- **L - Look Into:** Delve deeper into the causes of your emotions.
- **U - Unravel:** Explore ways to address root causes, focusing on what you can control.

The **MORE**  
you **REFLECT**  
the **MORE**  
you **LEARN**

# Review and Reflection on the SALUTE Technique (Cont.)

- **T - Transform:** Develop actionable plans to shift your emotional response.
- **E - Engage:** Actively manage the situation by implementing and adjusting your plan.

Together, these steps turn negative emotions into opportunities for growth and resilience.

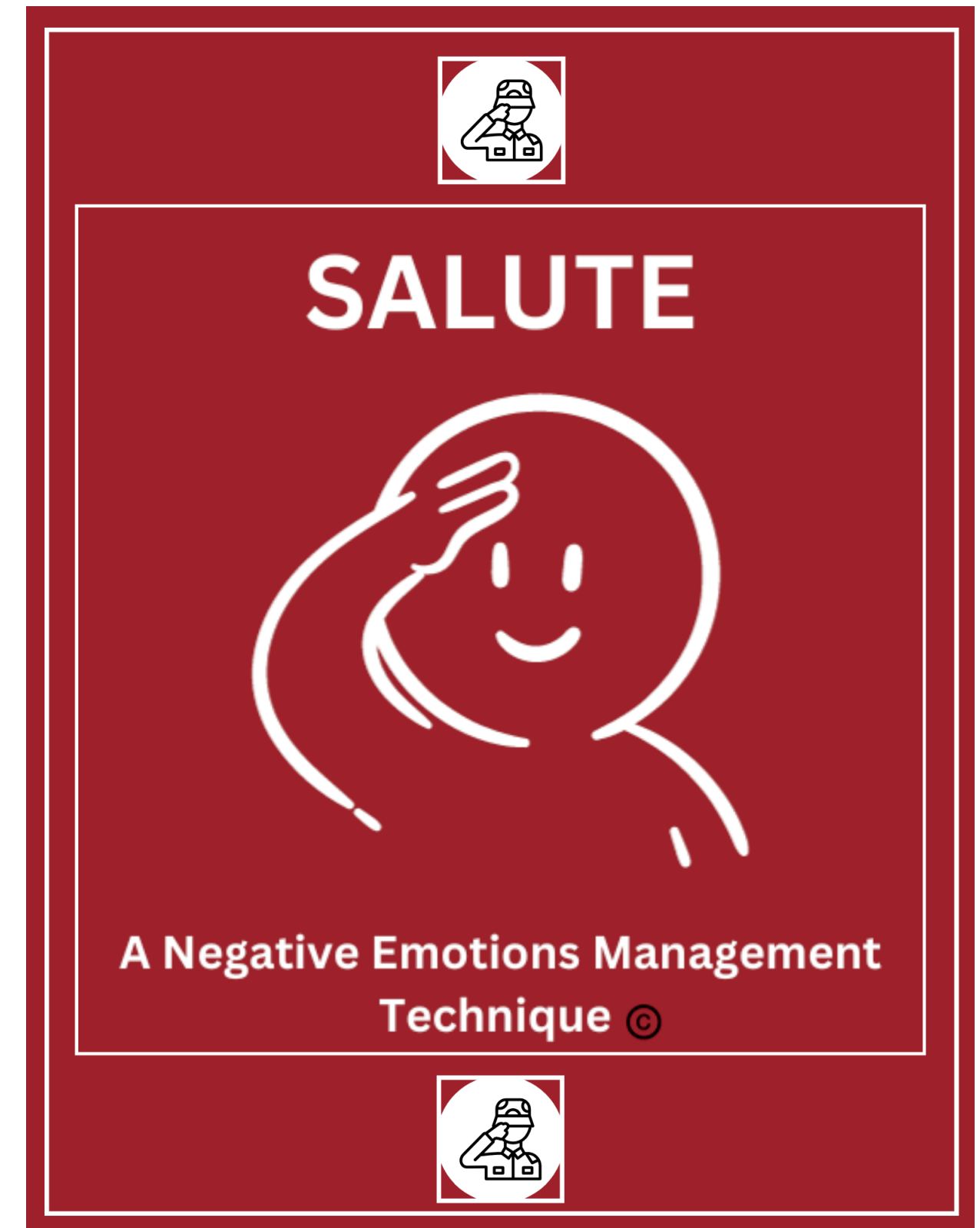


# Incorporating SALUTE into Everyday Challenges

- **Start Small:** Apply SALUTE to minor stressors like difficult emails or traffic to build confidence.
- **Make It a Habit:** Integrate the steps into daily routines with morning check-ins and evening reflections.
- **Use Triggers as Reminders:** Use sticky notes, phone alerts, or daily moments as cues to practice SALUTE.
- **Practice Mindful Moments:** Stop, breathe, and check in with emotions throughout the day.
- **Reflect Regularly:** Weekly reviews help refine your use of the technique and track progress.

# Introduction to the Printable Template by Dr. M.C. Reyes

- **Support Tool:** The template guides you through each SALUTE step, helping document emotions and actions.
- **Daily Use:** Keep the template handy to work through emotions as they arise, gaining clarity and creating plans.
- **Weekly Reviews:** Use completed templates to identify patterns, celebrate successes, and adjust strategies.
- **Long-Term Tracking:** Track your emotional resilience over time, noting growth and effective management.



# Building Lasting Resilience with SALUTE

- Incorporate SALUTE into your daily routines and use the template to track progress.
- Focus on progress, not perfection—each step strengthens your emotional mastery.
- Keep showing up, practicing, and engaging with your emotions intentionally.



# Wrapping It Up

- The SALUTE technique is your guide to navigating emotional ups and downs with confidence.
- Download the template, integrate the steps into your daily life, and watch your resilience grow.
- Embrace the process—every mindful moment brings you closer to a more empowered and resilient self.

