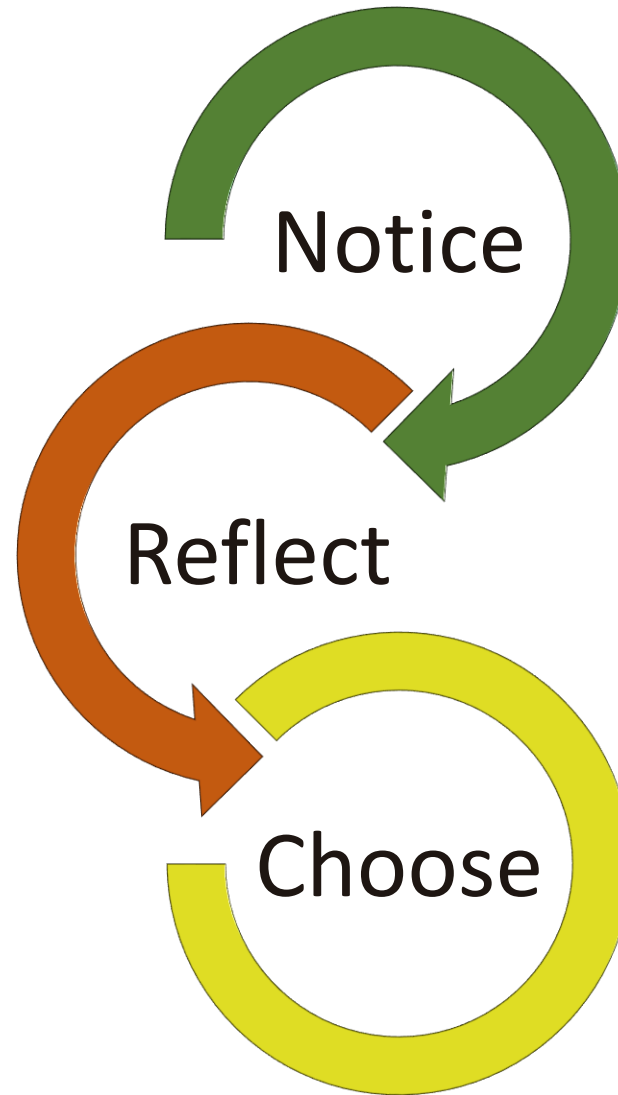


Action Slide WRMC

The Body Doesn't Lie by Tracy Rekart

Somatic Risk Management



- Notice patterns. Start with the breath.
- Reflect – am I doing something different?
- Choose a new path in conversation or action. It could be doing nothing.