

Gateways for
**GROUNDING THE BODY**

Moving at Work

•

Breathing in Rhythm

•

Tapping the Sensory System

•

Leaning into Somatosensory Receptors

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Gateways for
**WARMING THE HEART**

Self Compassion

•

Gratitude and Appreciation

•

Soothing Sensory Sources

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Gateways for
**STEADYING THE MIND**

Distancing from an Event

•

Shifting Perspectives

•

Stewarding Your Curiosity

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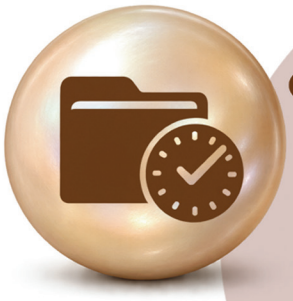

Gateways for
**GENERATIVE OUTER TOOLS**

Directing Attention

•

Protecting Focus

•

Pacing the Workday

•

Shaping the Work Environment

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