



BRINGING WARRIOR TOUGHNESS TO LIFE

Recalibrate to Stay Strong



KEEP YOUR MIND SHARP, EVEN IN THE MOST INTENSE SITUATIONS

Staying in control starts with one simple action: breathing.

Warrior Toughness means mastering the moment, even if it's just one breath at a time.

- ✓ Use steady breathing to stay focused in high-pressure situations.
- ✓ Recalibrate your body and mind when chaos hits.
- ✓ Practice controlled breathing daily or in the moment to build control.

RECALIBRATION BREATHING

- 1** Inhale deep for 5 seconds.
- 2** Slowly exhale for 7 seconds.
- 3** Repeat 3–5 times to realize benefits.



Breathe2Relax is a portable stress management tool that manages stress with guided diaphragmatic breathing.

[Download the App](#) today!

- Explains how stress affects the body
- Offers guided breathing exercises
- Lowers the body's stress response
- Supports mood, anxiety, and anger management
- Is used alone or with clinical support
- Tracks heart rate using HealthKit and Apple Watch

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

