

Subsection 5.1 — Purpose

Psychological Stability Reflection Sheet

Psychological Realities

Continuous vigilance strains the nervous system; unclear communication spreads fear. Balanced rhythm restores calm.

Reflection Prompts

- What security tasks calm rather than stress me?
- How do I react to unclear information?
- What tone do I use during stress?
- How can I support unity during drills or alerts?

Notes
