

## 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

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