

FOR WHEN EVERYONE ELSE HAS LOST IT.

# BE THE SLOWEST HEARTBEAT IN THE ROOM

*Chaos is contagious but so is calm; choose what you spread*

## THE STOIC PRINCIPLE

When everyone is panicking, the calmest person becomes the leader by default. Not because they are smarter. Because their heart rate is lower. Bring that to the meeting.

## THE STOIC SUPPORT

*"You are invincible if nothing outside the will can disconcert you."*

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# STOIC STEPS FOR RADICAL RESILIENCE

*Five steps for being the eye of someone else's storm without absorbing the rain.*

## 01 SLOW YOUR BREATHING FIRST, NOT THEIRS

Four counts in. Six counts out. Twice. Most 'calm them down' energy is actually your own panic in a polite shirt. Fix yours first. The room follows.

## 02 LOWER YOUR VOICE AND YOUR SHOULDERS

Volume and posture telegraph. If you sound calm and look loose, the room recalibrates around you. Tested at hockey practice and quarterly board meetings alike.

## 03 ASK ONE BORING, USEFUL QUESTION

'What is the next concrete thing we have to do?' cuts through panic the way a knife cuts a tomato. Calm does not preach. It moves the meeting along.

## 04 DON'T TRY TO FIX THE FEELING

You cannot talk people out of panic. You can give them something to do. Action absorbs the energy that panic would otherwise spin in circles.

## 05 HOLD THE LONG VIEW

'Six months from now this is a story.' Drop it in. Watch the air come back into the room. The Stoics call this 'view from above.' Works at quarterly reviews and pickup-line traffic equally well.

### THE REFRAME

*Chaos is contagious. So is calm. Decide which one you carry into the room before you walk in.*