



# Self-Care Kit for High-Intensity Events

(Tips, Reminders, Pauses)

Project  
**The Future of Human Rights in the Digital Age**

## 1. 4-7-8 Breathing (to quickly calm anxiety)

- Inhale through your nose for 4 counts.
- Hold your breath for 7 counts.
- Exhale through your mouth for 8 counts.

**Repeat this 3 times before going on a panel or making a public intervention.**



### How does it help you?

It lowers your heart rate and helps center your mind.

## 2. Power Body Movement

- Stand up with your feet firmly planted on the ground.
- Open your chest and roll your shoulders back.
- Raise your arms in a victory "V" or place your hands on your hips (the "Wonder Woman" pose).

**Hold the position for 2 minutes.**



### How does it help you?

It helps you project confidence.

## 3. Voice Warm-Up (to sound confident)

- Vibrate your lips making a "brrrr" sound.
- Say a tongue twister slowly and then faster (e.g., "three sad tigers").
- Make a long "mmm" sound as if you were tasting something delicious.

**This opens vocal resonance and helps prevent your voice from shaking.**



### How does it help you?

It helps you sound confident during your participation.



## 4. Positive Visualization

### Close your eyes and visualize

- The audience smiling.
- You speaking calmly and fluently.
- The final applause and people approaching to greet you.



### How does it help you?

It helps you speak with confidence and feel secure.

## 5. Personal Mantra

### Silently repeat a short phrase that grounds you:

- "My message creates change."
- "I speak from the heart."
- I am prepared.
- "I am here to create change..."



### How does it help you?

It helps you stay calm and feel confident.

## 6. Recommendations for Managing Jet Lag

- Before traveling, gradually adjust your routine. For example, 3–4 days before your trip, start going to bed and waking up one hour earlier (if traveling east) or later (if traveling west).
- Once on the plane, change the time on your watch and devices to your destination's time zone to begin mentally adjusting.
- During the flight, stand up periodically, walk down the aisle, and do gentle stretches to improve circulation.
- During the flight, wear loose and comfortable clothing to facilitate rest and movement.
- Upon arrival, eat and sleep according to the local schedule, even if you are not hungry or sleepy. This is crucial to reset your internal clock.
- If you need a nap, keep it short (maximum 20–30 minutes) and