When it comes to noticing what’s happening around you, which mindset are you in?

- **Zero awareness**
  - Completely unaware of surroundings
  - Would not recognize potential danger

- **Relaxed awareness** (This is where you want to be)
  - Casual and relaxed
  - Alert to surroundings and people
  - Looking for changes in your environment

- **On alert**
  - Something doesn’t feel right
  - Gut feeling/intuition
  - Take a breath and look around

- **Take action!**
  - Fight or run. Don’t freeze
  - Heart rate increases, tunnel vision, world slows down and gets quiet

- **Panic**
  - You freeze
  - Your brain and body stop communicating
  - This pause could cost you