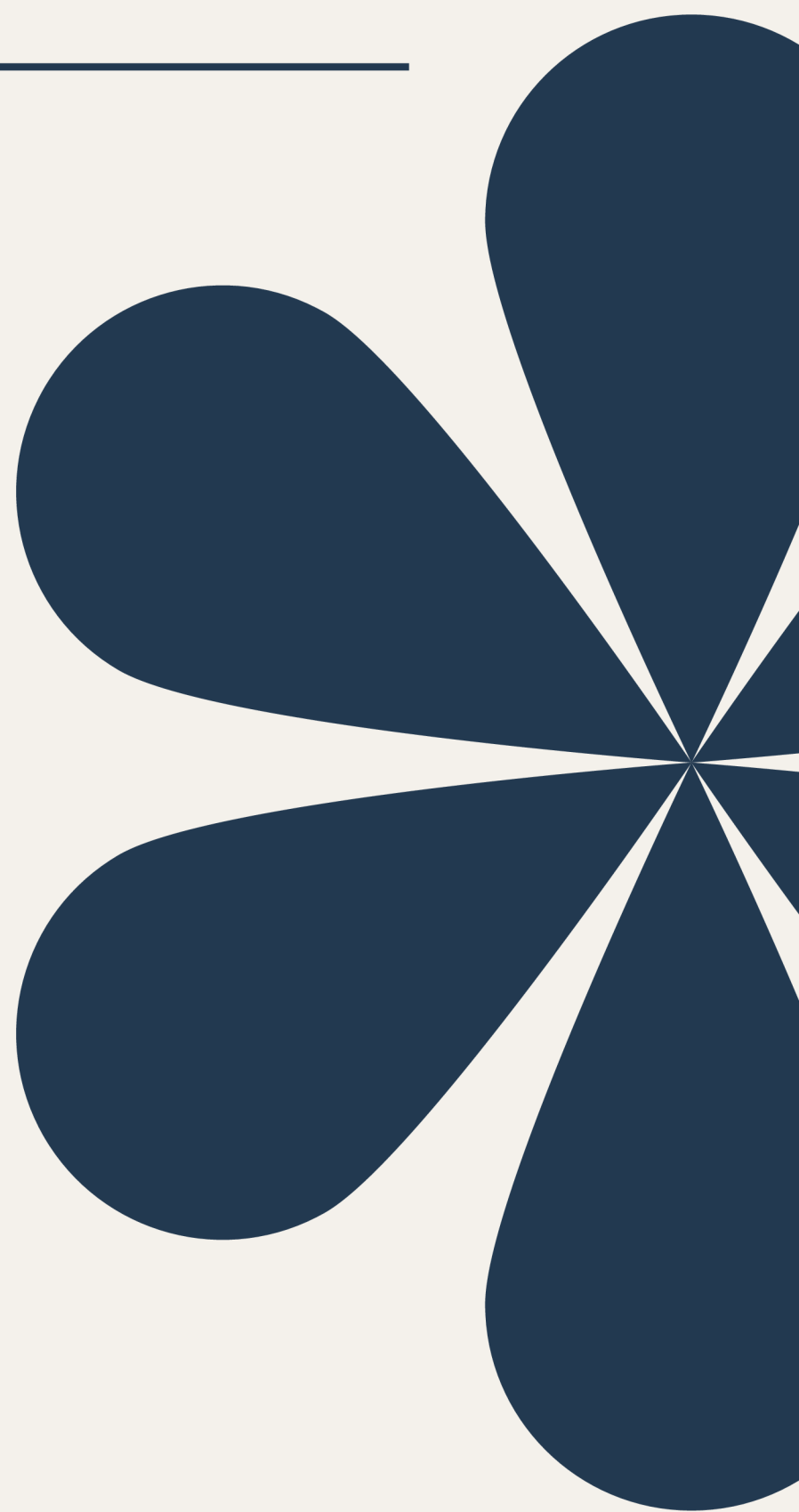




THE UNSHAKABLE PEACE TOOLKIT

**Building
the Buffer
and
Mastering
the Pivot**



THE *Black Woman's*
CONFIDANT

WITH DR. NICOLE
WASHINGTON

The 5-Second Buffer Drills

When the world gets loud, these are your "Emergency Brakes."

The "Notice & Name" Technique

- **The Action:** The moment you feel a "peace-disruptor," stop and narrate it.
- **The Script:** "I am noticing [Physical Sensation] and I am labeling this as [Emotion]."
- **The Goal:** Move from "feeling" the fire to "watching" the fire.

The Physiological Reset (4-4-4-4)

- **The Action:** Box Breathing. Inhale 4s, Hold 4s, Exhale 4s, Hold 4s.
- **The Goal:** Tell your nervous system it is safe, even if the environment is chaotic.

The Three-Gate Filter

- **Before you speak or react, ask:**
 - a. Is this necessary?
 - b. Is this helpful?
 - c. Is this mine to carry?



The Cognitive Pivot (Mapping vs. Mourning)

Peace is not the absence of obstacles; it is the agility to move around them.

The "Mourning" Trap (Fixed Thinking):

- "This shouldn't be happening."
- "This has ruined everything."
- "Why is this so hard?"
- *Outcome: You are stuck in a reality that no longer exists.*

The "Mapping" Mindset (Flexible Thinking):

- "This is currently happening."
- "The old plan is gone; what is the new path?"
- "What is one thing I still have control over?"
- *Outcome: You regain your agency and your peace.*



Your Daily Peace "Gym"

Don't wait for a storm to see if your anchor holds. Practice these in low-stakes moments:

The "Inconvenience" Practice:

Next time you're in a long line, don't reach for your phone. Practice staying "internally still" while the world moves slowly.

The "And Yet" Affirmation:

Practice reframing small annoyances. *"It's raining and I wanted to go for a walk, and yet, this is a great chance to start that book."*

The Evening Audit:

Ask yourself: "Where did I leak peace today, and how can I build a better buffer in that area tomorrow?"



"My peace is an
internal
climate, not a
weather
report. I set the
temperature."

THE *Black Woman's*
CONFIDANT

WITH DR. NICOLE
WASHINGTON

