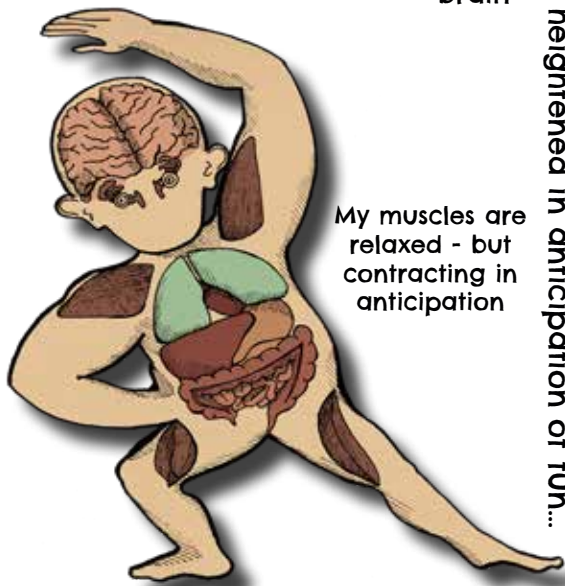


I'm excited and optimistic...

I feel able to tackle just about anything!

My breathing is even and my heart is pumping oxygen to my muscles and brain



My muscles are relaxed - but contracting in anticipation

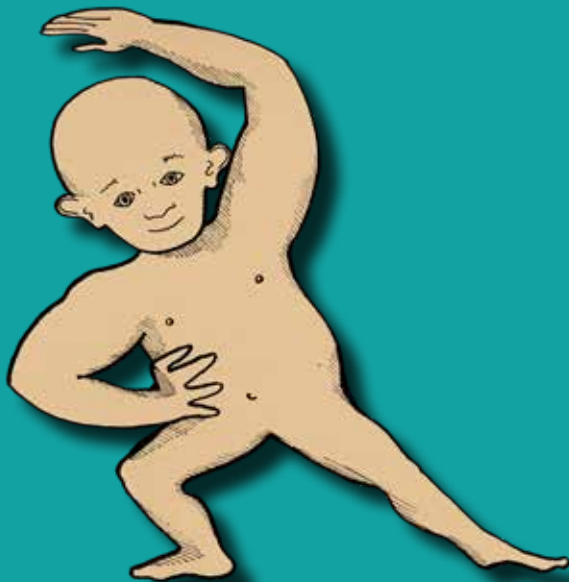
My senses are heightened in anticipation of fun...

I'm ready for action and adventure!

Why do I feel this way? Find out at:  
[www.scottishconflictresolution.org.uk](http://www.scottishconflictresolution.org.uk)



# Alert and Engaged



“To boldly go...”