

Self-Care:
Riding the Waves



Arlos Kurtz 2023

1

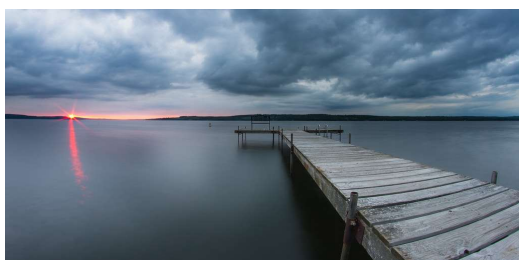
Disaster Management:
Reduce Your Vulnerability to Hazards



Arlos Kurtz 2023

2

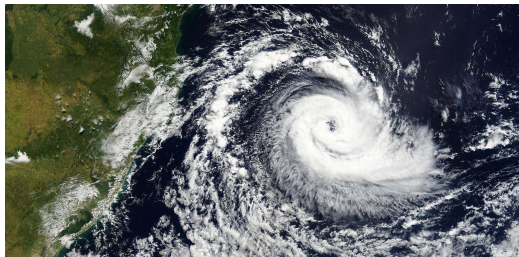
The Calm Before the Storm:
Uniting Mind and Body



Arlos Kurtz 2023

3

The Eye of the Storm:
Distress Tolerance

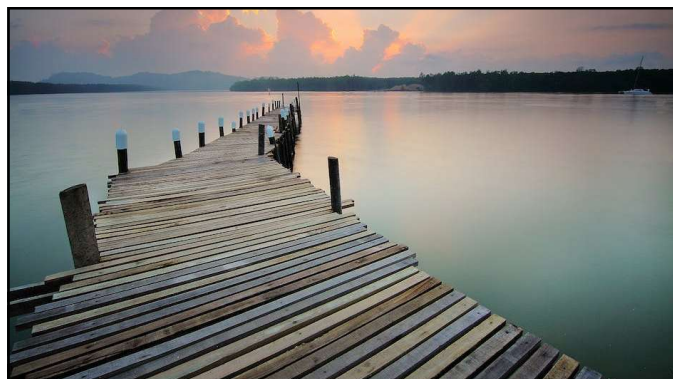


4

The Rainbow After the
Storm:
Reset and Re-center



5



6
