

A Quick-Action Guide to Regaining Calm
in the Midst of Chaos

MINDFUL-WARRIOR INNER FIRST AID PROTOCOL



RODNEY KING PHD

Introduction: Meet the Mindful Warrior Behind This Protocol

Hello, I'm Dr. Rodney King, though most people know me simply as 'Coach.' I've spent my life on the front lines—whether it's training special forces military operators, guiding law enforcement officers, or working with individuals from all walks of life. My journey has taken me from the battlefield to the boardroom, always with one mission: to teach others how to not only survive but thrive in the face of life's challenges.

Through years of experience and research, I've come to understand that our survival instincts—those primal reactions that kept our ancestors alive—can be our greatest ally in navigating the complexities of modern life. The key isn't to suppress these instincts, but to harness and transform them into powerful tools for personal growth and resilience.

In this ebook, I'm sharing with you a quick-action protocol—your "*Mindful Warrior First Aid Kit*"—designed to help you regain calm and clarity when the weight of the world feels like it's pressing down on your shoulders.

These are just some of the very techniques I've used and taught to warriors in high-stress environments, distilled into a simple guide you can use anytime, anywhere.

Coach Rodney King

Mindful Warrior First Aid: Your Quick-Action Protocol for Instant Calm

Have you ever found yourself in the grip of overwhelming stress, wishing there was a quick and effective way to regain your calm and composure?

When life feels like it's pressing down on your shoulders, when the demands of work, relationships, and daily challenges pile up to the point where you feel like you might break, you need something immediate—something you can rely on to bring you back to a place of peace and control.

What if you had a personal “First Aid” kit for your mind?

A simple, yet powerful protocol designed to reset your body and mind, bringing you back to a state of calm even in the most chaotic moments. This isn't just another self-help exercise; it's a rapid-proven response tool that you can use anytime, anywhere.

Let me share with you my Mindful Warrior First Aid Protocol—a quick-action guide to reclaiming your calm when you need it most. Whether you're at work, at home, or anywhere in between, these steps are designed to help you quickly centre yourself, regain focus, and approach whatever lies ahead with the composed strength of a mindful warrior.

PS. Don't forget to RIGHT [CLICK HERE TO DOWNLOAD](#) the audio version of the protocol; that way, you can have it on hand anytime you need it.



Step 1: Take a Walk to Reset Your Mind

When stress starts to build, the first thing you need to do is remove yourself from the immediate environment—physically and mentally. A simple walk can do wonders. Even just five minutes of movement can break the cycle of stress and give you the mental space to reset.

Why it works: Walking helps to lower your stress hormones and clear your mind. The physical movement, combined with a change of scenery, provides an instant break from the stressors, allowing your mind to recalibrate.





Step 2: Master Your Breath

As you begin your walk, turn your attention to your breath. In moments of stress, your breathing often becomes shallow and rapid, feeding into the cycle of anxiety. To break this pattern, focus on taking three short inhales, each building on the last to form one complete breath. Then, slowly exhale, expelling all the air from your lungs. Repeat this until you start to feel a sense of calm washing over you.

Why it works: This breathing technique activates your body's relaxation response, lowering your heart rate and calming your nervous system. It's a quick way to bring your body back to a state of equilibrium.

Step 3: Expand Your Vision

As you continue your walk and deepen your breathing, consciously expand your field of vision. When stressed, it's easy to become fixated on one point—both literally and metaphorically.

By broadening your gaze, you help prevent tunnel vision, opening yourself up to a wider perspective.

Why it works: Expanding your vision engages more of your peripheral awareness, which signals safety to your brain and helps reduce stress. It's a simple yet powerful way to remind yourself that there's more to the world than the immediate challenge in front of you.



Step 4: Engage in Finger Touches

To further anchor yourself in the present, while walking start a sequence of finger touches. With your hands by your sides, begin by touching your index finger to your pinky, moving through each finger until you reach your thumb, then reverse the sequence. Switch hands after completing each cycle.

Why it works: Bilateral stimulation, such as the finger-touching exercise, has been proven to help in reducing anxiety and grounding individuals during stressful situations. It's a simple, tactile way to keep your mind and body connected, reducing the overwhelming sensations that stress can bring.

Bringing It All Together: Your Mindful Warrior First Aid Protocol

This protocol is designed to be your quick-action response in moments of high stress. Think of it as your personal "First Aid" for the mind—a set of tools you can deploy at a moment's notice to regain your calm and clarity. Each step is backed by science and rooted in the principles of mindfulness, ensuring that you can return to a state of balance quickly and effectively.



Conclusion: The Mindful Warrior Within You

Stress is inevitable, but how you respond to it is within your control. By practicing this Mindful Warrior First Aid Protocol, you arm yourself with the tools to not just survive stressful situations, but to emerge from them with strength and resilience. The more you use these techniques, the more instinctive they will become, transforming moments of chaos into opportunities for calm and composed action. The next time you feel the weight of the world pressing down on you, remember this protocol. It's your quick-action guide to stepping into the calm, centered presence of a mindful warrior—ready to face whatever comes your way with clarity and strength.

NEXT STEPS



Next Steps

The Mindful Warrior First Aid Protocol is just the beginning. If you've found value in these techniques, imagine the impact of fully integrating the Mindful Warrior principles into your daily life.

I invite you to join my Virtual Mindful Warrior Guided Sessions, where we dive deeper into practices that enhance calmness, patience, and focus, leading to resilience. These sessions are designed to provide ongoing support, helping you build a strong foundation for a life of peace, purpose, and power.

What to expect from the sessions:

- Live guided practices that build on the techniques you've learned in this ebook.
- Interactive Q&A sessions where you can get personalized advice and insights.
- Community support from like-minded individuals who are also on the path of the Mindful Warrior.

Ready to take the next step? [CONTACT ME HERE](#) to book your first session and start transforming your life today.