

DIRECTOR'S NOTE:

Talent should feel confident, comfortable and calm. They know there are potential emergencies in their world that can give them stress, however they have practiced mental calming techniques, created an emergency plan for themselves and their family, their mind is at ease, and they are ready for anything that may come.

INSTRUCTIONS:

- Give us two different reads for all eleven English lines.
- Include a full body shot.
- Label file: Full Name_MHS_Lines
- Attach your acting reels/clips. Spanish reels/clips are a huge plus.

1. Your mind matters.
2. I know what to do in an emergency, so I don't need to panic now—or then.
3. I know how to calm my mind in any situation.
4. Prepared feels peaceful.
5. I can be calm and in control in a crisis.
6. Practicing my plan helps me stay calm under pressure.
7. I know I can handle any storm.
8. I'm feeling more prepared for emergencies. It makes my life feel manageable.
9. I don't get overwhelmed because I have a plan.
10. Taking small steps to prepare keeps my stress down.
11. When the unexpected comes, I have a plan, and I know I can stay calm.