

Second Wind

Combat Action



You dig into your resolve and endurance to find an extra burst of vitality. In game terms, you spend a healing surge to regain some of your lost hit points, and you focus on defending yourself.

Second Wind: Standard Action

◆ **Spend a Healing Surge:** Spend a healing surge to regain hit points (see “Healing,” page 293).

◆ **+2 Bonus to All Defenses:** You gain a +2 bonus to all defenses until the start of your next turn.

◆ **Once per Encounter:** You can use your second wind once per encounter and can use it again after you take a short rest or an extended rest. Some powers (either yours or another character’s) allow you to spend healing surges without using your second wind.

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Combat Action (Dwarf)



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