



# 5 SIMPLE STEPS TO HELP YOU MANAGE STRESS

Heading out of lockdown and back to site is likely to cause some feelings of anxiety and distress.

As we head back to site we want to remind everyone to remember that if you are struggling or recognise that you are not travelling well, it is okay, because it's okay NOT to be okay, but its NOT okay to do nothing about it.

1

## DE-STRESS

Go through the steps below to help you de- stress. This will give you the time and skills to **manage your feelings and emotions** more easily.

2

## STEP BACK

**Stop what you are doing**, remove yourself from the situation immediately. This is for your own health and safety and the safety of others working around you.

3

## TAKE A BREATH

**Take 10 seconds for yourself**. Take a breath and breathe out slowly a few times this will help slow your heart rate and calm your busy mind.

4

## RE-FOCUS

**Focus on the here and now** and clear your mind of the stressors you are feeling. Focusing is one of the best ways to alleviate stress by paying attention to what is going on now. This will help to calm your busy mind.

5

## ENGAGE

Now that you have had a few minutes to re-centre, **what do you need to engage with** from here?

- You might be OK. Heading back to work right now is OK for you.
- You might just need to chat to someone, talk to a MATE, your boss or a friend or family member.
- You might be struggling more than both of those options. If so, we recommend that you advise someone onsite and engage with more professional supports such as MATES in Construction on **0800 111 315**.

