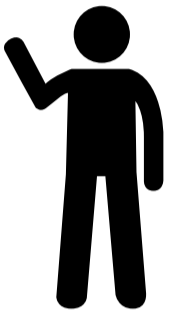




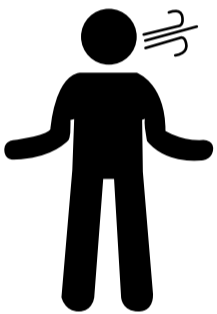
HOW TO MANAGE FEELINGS AND EMOTIONS

HOW DO I REACT WHEN I AM SCARED, FRIGHTENED OR WORRIED?

When you receive bad news you could feel angry, you might shut down or you could panic. These are all normal reactions, follow the steps below to manage your feelings and emotions.



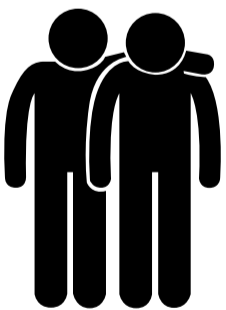
Stop what you are doing, remove yourself from the situation immediately.



Take 10 seconds for your self. Take a breath and breathe in and out slowly, this will help slow your heart rate and calm your mind.



Focus on here and now to clear your thoughts. Find something to look at, maybe your feet, the ground or hold something to help you focus whilst breathing.



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

- You might just need to chat to someone, talk to a MATE, a connector, your boss or a friend or family member
- Things you could say:
 - Can I talk to you?
 - I don't feel so good right now
 - I need your help
- You might still be struggling, if so, tell someone onsite and or call MATES in Construction on **0800 111 315**