



MENTAL HEALTH ADVICE FOR DEALING WITH CRISIS

Dealing with extraordinary events is likely to cause some feelings of anxiety and distress. This is normal. As we endure and begin to recover from such events, we want to remind everyone 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 it's NOT okay to do nothing about it.

1

DE-STRESS

Go through the steps below to help you destress. 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. Carrying on with what you were doing might be OK for you.
- You might just need to chat to someone, talk to a MATE, or family member.
- You might be struggling more than both of those options. If so, we recommend that you advise someone (a friend, a family member or colleague) and engage with more professional supports such as MATES in Construction on **0800 111 315**.



Need to talk now?

0800 111 315 or www.mates.net.nz