



5 SIMPLE STEPS TO HELP YOU MANAGE STRESS

1

DE-STRESS

Go through the steps below to help you de-stress. This will give you the time and skill 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 your self. Take a breath and breathe out slowly a few times, this will help slow your heart rate and calm your mind.

4

RE-FOCUS

Focus on 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 right now. This will help you 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 still be struggling, if so, tell someone onsite and or call MATES in Construction on **0800 111 315**

