

Care for kids

Six (real!) steps to squashing stress

1

Recognise

If your breath is getting a little quicker, your heart is beating faster or temper a little shorter, recognising it is really important!



2

Take a moment

Head into the kitchen, find a quiet place in the office or head outside if the sun is shining - it doesn't have to be long and it will do you wonders!



3

Pause & breathe

Breathing is a powerful way to regulate emotions. Don't forget to take a deep breath and calm the chaos in a quiet space.



4

Hydrate

Decrease in-the-moment feelings of stress and improve your body's response.



5

Get active

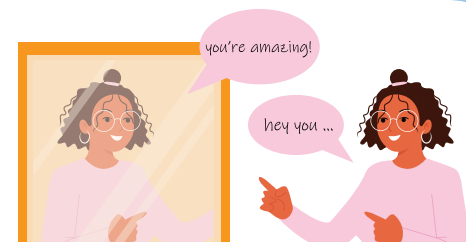
We don't care what you're dancing to, we don't care how loud it gets, having a moment of joy in an otherwise stressful day could mean the world.



6

Positive self-talk

Letting a bad moment take the wind from your sails all day is just not ok! A positive outlook can pull you out of a funk in moments.



STEPS TO SQUASHING STRESS

If you are struggling,
contact: Lifeline 131114
Beyond Blue 1300 224 636