



CALM AND IN CONTROL

When we are stressed, our minds race and our bodies start to react, making it difficult to think straight.

STOP BREATHE THEN THINK

Try these strategies to help reduce the physiological effects of stress. They will help you to feel more focused and alert.

Breathing technique

- Take a breath in for 3-5 seconds (through the nose if possible)
- Hold the breath for 1 second
- Release the breath, taking 3-5 seconds
- Repeat for one minute

Attention switching technique

Say to yourself STOP and then take yourself through a mundane task, such as spotting all the green things in the room, going through the alphabet to people's names (i.e. Ahmed, Beatrice, Chris... etc).

Seek information and support by contacting HECCWellbeing@act.gov.au or (02) 5124 6209