

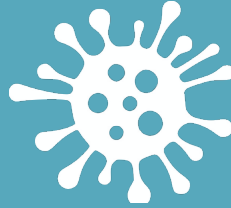
STRESS FIRST AID KIT

A practical guide to understanding your body under stress and how to bring it back into balance



Having trouble relaxing?
Need to relieve stress and reduce anxiety?
Learnt to stay calm, be more resilient and in control

the
**HEALTHY
WORKPLACE**



THE WORLD'S SHIFTED AND THE GAME HAS CHANGED

We are facing unsettling, unpredictable and highly unusual times. The scope, scale and significance of the effects of COVID-19 is unknowable. Our lives have been disrupted which has understandably led to many people feeling bewildered, helpless, worried, stressed or anxious.

Worry, stress and anxiety can be a challenge at the best of times. This pandemic is not just a two week crisis – but a new reality that we have to adapt to. With so many things in our world that we have no control over, it's time to focus on what we do have control of – our choices. We have the choice whether or not we take this time to go back to the basics; connect with what's important; take care of our families, friends and co-workers; change our priorities; learn to manage our emotions; and to nurture and care for ourselves and others. We have the choice whether or not we emerge from this period with even greater energy and a deeper appreciation for ourselves and others – physically, mentally, emotionally, spiritually more resilient and back in control.

At The Healthy Workplace we have put together this free guide to help you take care of yourself, your family and your staff through these unusual circumstances. Once you have read the information feel free to try any or all of the exercises if you feel they may be helpful to you.

To your health, success, wellbeing and joy.

The Healthy Workplace Team

UNDERSTANDING YOUR BODY UNDER STRESS

PHYSIOLOGICALLY SPEAKING

"Stress is a state of mental or emotional strain or tension resulting from adverse or demanding circumstances" ~ Oxford Dictionary



STRESS CAN BE:

1

Environmental like being in lockdown

2

Psychological like worrying about whether or not you will have a job after lockdown

3

Physiological (like a virus infecting your cells, or loss of blood in a trauma)

HOW DO YOU RECOGNISE STRESS?

Scan through the list from Heartmath and tick those that apply to you. If you ticked three or more then read on as you are in the right place as you might want to begin taking action.

- Irritability
- Diminished sense of humour
- Worry
- Excessiveness (eating, drinking, drugs, shopping)
- Forgetfulness
- Aches and pains
- Nervousness
- Fatigue
- Illness

HOW DOES OUR BODY REACT TO STRESS?

There are four possible responses to stress – each with a different reaction and set of behaviours: Fight, Flight, Freeze and more recently added Fawn. Fight and flight are the well known responses to a threat or imminent danger.



To fight is to confront or attack what is threatening you aggressively



Flight means you run away from what is attacking you / the danger



When you freeze you are unable to move or act against the threat, become helpless or faint (it's a parasympathetic rebound response off the end of the sympathetic scale)



Fawning is complying with the attacker to save yourself or hiding from the danger. Humans can 'blend in' where they do what they can to please, serve and avoid standing out as problematic as they don't want to make waves

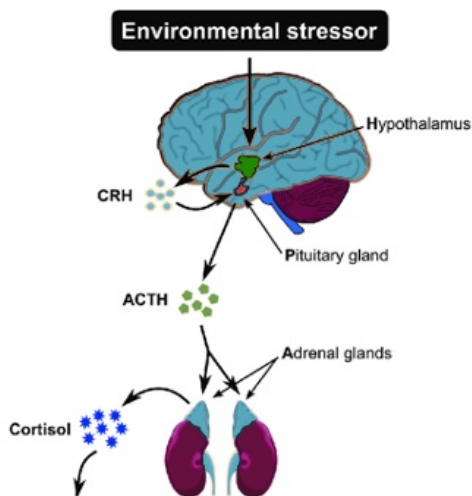
“Research suggests that chronic stress contributes to high blood pressure, promotes the formation of artery-clogging deposits, and causes brain changes that may contribute to anxiety, depression, and addiction. More preliminary research suggests that chronic stress may also contribute to obesity, both through direct mechanisms (causing people to eat more) or indirectly (decreasing sleep and exercise)” ~ Harvard Health

THE SCIENCE BIT...

Predominantly it is taught that stress begins in the brain, in the amygdala (the emotional processing centre of the brain), which sends off signals to the hypothalamus in the head (which is a bit like a command centre), alerting your system to some danger via the autonomic nervous system.

The hormone adrenaline (also known as epinephrine) is quickly released from the adrenal glands (adrenal medulla), into the blood stream, triggered by the sympathetic nervous system, enabling your body to react in fight or flight. You get an increase in heart rate, so more blood can be pumped around your body to vital muscles and organs. Blood pressure rises. Lungs open to take in more oxygenated air and your senses become heightened. Glucose is released as an immediate energy source (and when not used can be laid down as fat in the body).

As the adrenaline surge subsides, the hypothalamus instigates the HPA Axis response (HPA standing for: Hypothalamus, Pituitary Gland, Adrenal Glands). Hormonally driven, this sustains the sympathetic response. The hypothalamus releases CRH (corticotropin-releasing hormone) and this triggers the Pituitary Gland to release ACTH (adrenocorticotrophic hormone). ACTH triggers the Adrenal Glands (adrenal cortex) to release cortisol.



To summarise a little chain reaction is fired up which ends up with adrenaline and cortisol being released from the adrenal gland above the kidneys. And those chemicals can stay in your system for a few hours – until eventually the system resets itself if the stressors go away. However, in our busy lives (and especially during lock down) we can often be just getting over one stress and another one comes along and continually firing up those chain reactions can be very tiring. It is like we are living life on high alert without really being aware of it. And without any time to reset the system.

The stress response enables your body to be ready to deal with a threat – either fighting, fleeing, freezing or fawning – and it exists to protect you. But it was never designed to be fired up 24/7, always on. When we can pause and assess the situation, to know that we are not really under any immediate threat or to learn to manage it, then it's possible to access the autonomic response and dampen down the stress response.

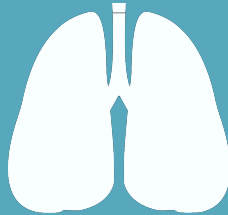
One of the difficulties is that as humans our heads take over and we create further stress by telling ourselves those enticing stories of how awful something was- or how awful it could be ... we worry about things that haven't even happened. Our heads, far from being a central control unit, is more like the central processing unit, which takes in the original signals from around the body. So the key to effective stress management is working with the body, not just with mindset. It is virtually impossible to use the head to talk yourself out of a stress response.



THE IMPACT

The impact of stress on work includes reactive decisions, explosive outbursts, disruptive relationships, uncooperative staff, lack of trust, bad decisions, low morale, poor judgement, lost opportunities and declining productivity.

So, what if we could choose a different way and moderate the stress response? And what if we could do that easily? In just a few minutes a day? Well that's what the rest of this first aid guide is designed to do – to give you a set of practical exercises that can help you transform stress, put yourself on an even keel and stay there. We suggest that you read each exercise through and try it a few times... and from that find the ones that best suit you – as we each have our own unique stress signatures to manage.



BREATHING

The first thing we do when we are born, is to breathe in. And the last thing we do before we die, is we breathe out. It is an essential component of life – yet allegedly 90% of us are not breathing correctly. When did we forget how to breathe?

Breathing is so much more than just taking in air (and oxygen). Breathing impacts on virtually every body system and has a huge impact on our health and wellbeing. One system in particular, that breathing influences, is the autonomic nervous system. Did you know that when you breathe in – it ramps the body up slightly, like a mini fight or flight response? And when you breathe out, it calms you down, dampening down that ‘fight and flight’ or stress response. Knowing this is key to you being able to take back control.

There are many different forms of breathing that you can learn, when you do meditation you are taught one technique and in yoga another. There are medical techniques which can be used in asthma and methods to settle hyper ventilation. We are not going to cover all of those here – we want to focus on two key tips, related directly to stress and bringing your system back in to balance.

“Breathe deeply, until sweet air extinguishes the burn of fear in your lungs and every breath is a beautiful refusal to become anything less than infinite”

~ D. Antoinette Foy

BALANCED BREATHING

Balanced breathing is from the field of mBraining and is based in scientific evidence of what works. So how do you do it?

1. Begin by adjusting your posture. Lie, sit or stand in a straight or upright posture which allows air to move throughout the full area of your lungs. This means sitting with a slight curve in your lower back, your shoulders back and relaxed, your head balanced on your neck and your arms comfortably on your lap (or on your tummy if you are lying down).
2. Breathe in and out through your nose ideally. Place one hand on your lower belly and the other hand on your chest.
3. Become aware of your breath in the first instance. Be aware of its speed, its depth, the movement it creates in your body, in your ribs and in your abdomen. As much as possible there should be no movement in your shoulders and your belly should expand out like a balloon on the in breath and contract on the out breath.
5. Begin to mentally count the duration of your inhalation and exhalation, letting them be approximately equal in length. Ideally you want to aim to slow down your breathing so each breath is six seconds in and six seconds out - but for now just find a rhythm that feels slow and natural for you. It is more important that the in and out breath are the same length – than the number you count for. Slowing your breathing sends a signal to your body that you are safe. The body let's go of stress and allows life affirming chemistry to kick in.
6. After breathing for a few minutes in this manner, gently take your attention to your heart area and 'feel' appreciation or gratitude in your heart. The best way to do this is to recall a positive feeling, a time when you felt good inside and re-experience it. This could be a feeling of appreciation or care toward a special person or a pet, a place you enjoy, or an activity that was fun. Allow yourself to feel this good feeling of appreciation or care. If you can't feel anything, it's okay; just try to find a sincere attitude of appreciation or care. Once you've found a positive feeling or attitude, sustain it by continuing your heart focus, heart breathing, and heart feeling.



Breathing in this way for 3-5 minutes brings you into a state called 'coherence', which balances your autonomic nervous system and settles any stress response. This is an ideal place from which to make decisions, learn effectively or be productive at work.

Breathing for extra calm

Sometimes, due to our environment or life circumstances, we can get into a stress reaction, that takes a little more effort to come out of. Knowing that the out breath relaxes us, can help us to work with breath differently to bring our state off of hyper alert. Take a few breaths where your out breath is longer than your in breath (in for three and out for six). You can do a long, audible sigh on the out breath if it is appropriate where you are. Between three - five of these long out breaths at the start will enable you to move into a balanced breathing pattern.



GRATTITUDE

Have you ever noticed how quickly pleasure fades from your thoughts? How you can do ninety nine nice things for someone and all they will remember is the one thing you didn't do! That no matter how many wonderful things happen to us, that we still end up disappointed and find new things to complain about! Why? It's not because there is something wrong with us but because we are inherently negatively wired – what neuroscientist's call the "negativity bias".

Negative thinking is a great safety mechanism. It help us look out for threats and alerts us to immediately take action to deal with life threatening situations. We don't want to loose that ability as it helps us stay alive (just like for our ancestors when they were being chased by sabre-tooth tigers.) But unfortunately when it's over used it can lead to stress and anxiety, making it difficult to analyse facts and make simple decisions based on what is really going on. The good news is that the "negativity bias" isn't fixed - anyone can change their brain for the better by changing their mental habits and taking advantage of the neuroplastic nature of the brain i.e. it's amazing ability to adapt and form new connections and pathways according to our experiences. So how do we encourage and stimulate more positive connections, especially in challenging times?

Practising gratitude rewires your brain for the better. Even when everything feels overwhelming, research has shown that being grateful can play a large part in positively impacting your happiness and health. Gratitude stimulates the hypothalamus (part of the brain that regulates stress) and the ventral tegmental area (part of our "reward circuitry" that produces the sensation of pleasure).

"...adults who feel grateful have more energy, more optimism, more social connections and more happiness than those who do not, according to studies conducted over the past decade. They're also less likely to be depressed, envious, greedy or alcoholics." ~ Melinda Beck

WHO OR WHAT YOU ARE GRATEFUL FOR IS IRRELEVANT

THE ACT OF BEING THANKFUL IS THE KEY

Gratitude is more than just saying “thank you” to someone who has helped us or given us a compliment. It is a deep feeling of appreciation for someone or something which produces long lasting positivity. It transports you from being in the past or the future into the present moment. It shifts your perspective and helps you find the good in each and every moment.

It has two parts; firstly acknowledging and recognising the goodness in our lives; and secondly recognising that much of the source of the goodness lies outside ourselves. It’s often when we need gratitude the most (when you are overcome with grief, stress, anger, stress etc.) that it’s difficult to find.

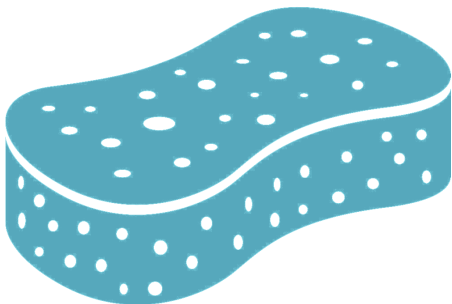
GRATITUDE JOURNALING

Write down five things you are grateful for today. These can be small or big things e.g. the delicious ham and cheese sandwich you had for lunch today, the movie you watched... or relatively big e.g. thank you to my heart for beating constantly and keeping me alive, for my health etc. No matter how great or challenging your day, you can always think of at least one thing you can be grateful for. Having made your list, notice what themes there are. What sort of things are you grateful for?



TAKING IN THE GOOD

Now comes the really key part to change the “negativity bias”. Taking each of the things on your list one at a time, really savour and enjoy the experience consciously. Really reflect on, take it in and fill yourself up on each experience – for at least 30 seconds if you can (which research shows is how long it takes to create a neuroplastic effect.)



Sense and intend to let it deeply “sink in” to your body. Feel it, smell it, hear it, taste it, touch it – as if it is here now soaking through your whole body like the sun’s warmth into a T-shirt or water into a sponge. Keep relaxing your body and absorbing the emotions, sensations and thoughts of the experience. Then repeat the process with the next thing and the next, until you have completed your list.

For best results, practice this process every morning and night for around five minutes and see if you can hold onto the images, sounds, feelings, sensations, lightness for longer each time. You can do this by turning up the volume on them (each sense in turn) or perhaps by adding in a new memory / experience / person... building on the last. Please experiment and notice what works best for you to feel good. Like building any muscle this process takes time. Be patient, results will come.



ANXIETY

Are you someone who has a super active head brain? Maybe even an inner critic that keeps telling you everything that could go wrong? Then you may have experienced anxiety. Anxiety is when we worry about things that have not even happened. We tell ourselves stories of what can go wrong and why we cannot do what we want to do.

“Worrying is carrying tomorrow’s load with today’s strength- carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn’t empty tomorrow of its sorrow, it empties today of its strength.” ~ Corrie Ten Boom

Knowing that our heads are negatively wired, that we are aware of more negative things than positive, and we give greater credence to negative information, we should not be surprised that we can drift into anxiety, if we do not work at rewiring those thinking processes. Whether it is through words, images or even movies we create and direct in our heads, over time we can wind ourselves up into a frenzy. So how do we turn our thinking to calm?

S.T.O.P.

Being aware is the first step – to catch your thinking and worrying at the earliest possible opportunity.



- S:** Stop whatever you are doing, just pause momentarily. You might even like to see a STOP sign in your mind (and you may even smile, as you recognise you are taking back the reigns of control from your thinking). If you get this far – you are more than half way there. And, you need to do it over and over to break the old pathway and to create a new one.
- T:** Take a breath. Re-connect with your breath. The breath is an anchor to the present moment.
- O:** Observe. Notice what is happening. What is happening inside you, and outside of you?
- P:** Proceed. Continue doing what you were doing.

WHAT CAN I DO INSTEAD?

A very simple technique for mastering anxiety and worry is the 5,4,3,2,1 technique. Once you have stopped the 'spiral' to catastrophic thinking, simply ask yourself:

- What are five things I can see right now (name them and give a very simple description)?
- What are five things can I hear right now (name them and give a very simple description)?
- What are five things can I feel right now (name them and give a very simple description)?



There is no rush, take your time. You are bringing yourself firmly back into the here and now. Where you are safe. Where all is well. Once you have done a round of five things you can see, hear and feel, reassess where you are at. Is there any story still running, any anxiety at all? If so, do another round, this time asking for four things you see, hear and feel. At the end of that round, assess again and if necessary, do three, then two, then one.

WHEN SHOULD I PRACTICE THIS?

Both of these techniques work really well in the moment, when you notice your mind starts racing. When you can feel anxiety in your body. You can also do them as a daily practice, to reset your anxious 'set point', and to teach your system how to do this so that when you do need it it is easy to drop into the routine.



SELF-SOOTHING TOUCH

We know that our senses can effect our emotions – listening to our favourite piece of music, being massaged, watching our favourite team win a game, eating delicious food and so on. One of the most sensitive and effective of our senses in creating positive emotions and wellbeing is self-soothing touch. Physical touch releases oxytocin, provides a sense of security, soothes distressing emotions, and calms cardiovascular stress.

Touch is the first sense to develop in utero and is so essential that babies fail to thrive and eventually die without it (even if they are provided with proper nutrition). Animal and infant research consistently shows how important physical nurturance is for every aspect of neural and physical development. Yet most adults tend to ignore the importance of nurturing touch and often choose poor substitutes, like too much food, alcohol or binge watching Netflix.

Touch messages are transmitted through to the brain through nerve endings which in turn produce signals that tell your muscles to relax and create feelings of wellbeing. We know that the body and mind are closely linked and have an ongoing reciprocal impact. For example feel good touch produces positive mental states and feelings of wellbeing. Just like physical discomfort and pain can trigger a negative outlook, anxiety and fatigue.

TOUCH THAT FEELS GOOD

This technique involves exploring slowly, gently and mindfully using repetitive touch on different parts of your body in different ways (soft vs. firm touching, caressing, squeezing, holding, cradling, etc.) Notice which forms of touch feel really delicious. Before you start wash your hands thoroughly.

We suggest you begin by closing your eyes and in very slow motion, stroke your palms with the fingers of both hands for a few minutes. Then stroke your forearms gently and in the most enjoyable way you can. Then moving to stroke your arms from the shoulder down to the palms crossing them over to do so. Then gently stroking the face for a few minutes, keeping your eyes closed and noticing how it feels.



As you explore touching your body in different ways, write down a number out of ten that indicates the degree of pleasure for each area and the type of touch so you know what to do more of. Self-soothing touch may feel awkward or odd at first, but your body doesn't know that. It is purely responding to the warmth and care you are giving it – like a baby responds to being held in it's mother's arms. You can also try stroking a soft pillow, cradling your face in your hands, gently rubbing your chest with circular movements... and notice how that makes you feel.

Our suggestion is that you use this technique throughout the day – once or twice in a hour for a few minutes at a time, or when you need comforting. Why not take full advantage of this surprisingly simple and straightforward way to be kind to yourself. And remember to wash your hands before you begin.

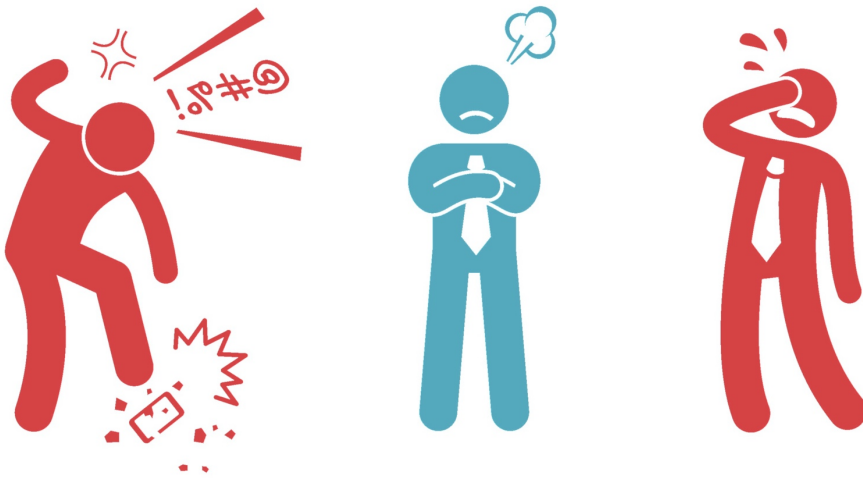


GROUNDING STRONG EMOTIONS

Sometimes when our emotions are strong, being able to resist that emotion or the urge to act on it can be a challenge. This tool is a quick and effective way to reduce the strength of emotions like anger, anxiety, frustration, overwhelm etc. and to choose how you would like to respond instead. Many people find it grounding and use it whenever they feel the need to centre themselves.

GROUNDING STRONG EMOTIONS

Think about a specific time when something caused you to experience a strong emotion like anger or frustration. Now start to reconnect to that experience and re-live it. See what you saw, hear what you heard and feel what you felt. Try to relive the experience that caused anger / frustration / your choice of emotion. Maybe you are already noticing your self-talk or a physical reaction to it like an increase in heart rate, increase in breathing or tension in your shoulders – just let those thoughts and sensations flow naturally without pushing them away. Then give the feeling a mark out of ten where ten is all consuming and one is calm.



Stand up and shift your attention to the soles of your feet. Feel the texture of your socks / feet on the ground, the curve on the arch, the feeling of your left little toe and right little toe and feel those toes touching your shoes or the ground / carpet.

Now feel the weight on the balls / front of your feet and notice that change as you rock slightly back to feel the weight on your heels. Gently rocking to feel the weight on the balls / front of your feet then back again to your heels. Now roll gently inwards to feel the weight over the instep and then out to feel the length of your foot from heel to little toe connecting with the floor. Now come back to that perfect place of balance where you can stand grounded, strong and tall.

Imagine a connection from the soles of your feet dropping deep down into the earth, using nature's energy to recharge and reconnect you. Calm, energy, freely flowing up through your feet, legs, pelvis, spine, shoulders, neck. Strong flexible and calm at your core. And from that calm centre now notice what's happened to that old emotion you thought about earlier and give it a mark out of ten. Notice how it's changed.

Practice this exercise until you can use it whenever you feel a strong emotion you don't want, or isn't appropriate to act on. Remember that once calm you can choose a new response to a situation from a calm and clear mind.





YAWNING

Yawning is the first line of defence against the effects of stress. The latest scientific research is now showing that yawning can be used as a brilliantly simple and very effective way to reduce mental stress. According to Mark Waldman, author and neuroscience researcher, (and over 40 evidence based studies) mindful yawning it is a very effective stress relief tool. The humble yawn has been proven to:

- Stimulate alertness and concentration.
- Optimise brain activity and metabolism.
- Improve cognitive function.
- Increase memory recall.
- Enhance consciousness and introspection.
- Lower stress.
- Relax your upper body.
- Fine-tune your sense of time.
- Increase empathy and social awareness.
- Enhance pleasure and sensuality.

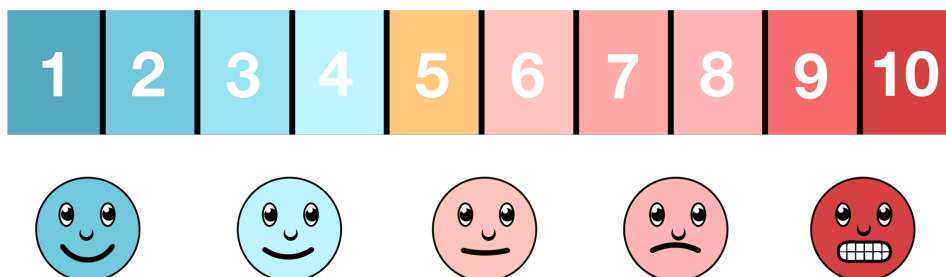
“Dogs yawn before attacking, Olympic athletes yawn before performing, and fish yawn before they change activities. Evidence even exists that yawning helps individuals on military assignment to perform their tasks with greater accuracy and ease. Indeed, yawning may be one of the most important mechanisms for regulating the survival-related behaviors in mammals.” ~ Mark Waldman

The key to reducing stress through yawning is to do it mindfully - a casual two second-try-and-cover-it-behind-your-hand yawn isn't enough! You need to breathe deeply with the flow of the yawn, add a bit of tone (“ahh!”) to the exhalation and be really mindfully aware of the process as you do it.

MINDFUL YAWNING

HOW TO YAWN MINDFULLY

Firstly just check in with yourself and notice how you are feeling in your body. Ask your intuition, “how relaxed do I feel now on a scale of 1 to 10?” Now close your eyes and begin by taking a deep breath and stretching your mouth wide open into a great big yawn - really exaggerate it! You can fake it at first, and if you make an “ahh” sound during exhalation it’s likely you will be able to trigger a series of real yawns on your fourth or fifth try.



Just be present to that yawn and notice if you feel any difference in your mental state or your mood. You might not notice anything and if so that is perfectly fine. If you did feel a change then please take a moment to really savour that experience - you don’t have to think about it, just let that sense really flow through you. Now try a second mindful yawn and see if you discover anything new or different. Yawn as mindfully as possible, paying exquisite attention to all the sensations you experience in your body. Do you feel more relaxed and alert? Tired? Have your eyes started watering? What do you notice this time? Whatever you feel, savour it, and take a moment to really let that flow through you.

Continue to yawn mindfully another ten to twelve times. And as you continue to yawn, pay close attention to the sensations in your lips, mouth, throat, neck, chest and belly. Now pause and notice how your awareness has changed and the different body sensations you are having. Do you feel more relaxed and alert? Or more creative, quiet and still? Or something else? You may find you can’t stop yawning which is a good thing, as it means your body is now ridding itself of all the excess stress it has built up over the last few days / weeks.

Finally just check in with yourself again and notice how you are feeling in your body. Ask your intuition, “how relaxed do I feel now on a scale of 1 to 10?”

We suggest you try yawning any time you feel tension rising – but the key is to do it slowly and mindfully paying exquisite attention to all the sensations you experience in your body. Enjoy!



SOME FINAL TIPS

Stick to a routine or start a new one. Routines sound boring but having some structure is key to our mental health, particularly if you are spending more time at home. Do your best to maintain the same times for waking up and sleeping, to eat and shower at regular times, exercise... but also to schedule in creative time, quiet time, afternoon fresh air, days to get dressed up or cook an extra special and nutritious meal.

Stay mentally and physically active. This can be a challenge with the closure of places like gyms and beaches, but it can be done! Try a yoga class online, spend time in nature, go for a mindful walk and look for what is new and different, do rigorous housework or a new online course.

Find ways to connect. Being socially connected fortifies the "tend-and-befriend" parasympathetic response and engages your vagus nerve which counteracts the stress response. Make time to talk to someone and hear about their day over the phone, facetime, zoom or skype. Write an email or a text to a friend sharing a favourite memory. Start a virtual book club. Play online scrabble. Find a way to reach out to others and ensure everyone has the opportunity to be connected to others.

Get inspired. Staying curious and engaged with the world helps open our minds, feeds personal growth and uplifts wellbeing. Listening to / reading uplifting content, can have major beneficial effects on your overall mood as you flood your brain with positive words and uplifting concepts. You can also inspire, uplift and motivate others with your new insights. It doesn't matter whether you enjoy poetry, classics, religious or spiritual books, what matters is that you feed your mind daily. So what are you going to choose to watch / listen to / read / create to be inspired, entertained, and invested into becoming an even better person.



SOME FINAL TIPS

Find ways to give. The simple act of giving helps us feel more connected to others, which imbues our lives with a sense of meaning. By helping others, by sharing our love, kindness, and compassion with those around us, you can easily alleviate your own concerns and shift your focus from a place of lacking to a state of abundance. The goal is to practice and spread a little bit of kindness each and every day, wherever you can. There are many ways to help out a fellow human being today. These don't need to be grand gestures; even small, everyday behaviours can have an impact on others and on your own sense of well-being. Perhaps when you connect with others give them a joyful smile, a compliment, a silent blessing of happiness or some other simple gesture of kindness (without expecting anything in return).

Sleep more. Even small amounts of sleep deprivation affect our health, mood, focus and productivity. According to HBR research only 2.5% of people need less than seven hours sleep a night to feel fully rested. And at the other end of the spectrum great performers sleep around eight and half hours out of every 24 including a 20 – 30 minute mid afternoon nap. Sleep is essential for us to process information, consolidate memories, and undergo a number of maintenance processes that help us to function during the day. The best ways we know to get to sleep are firstly to write down what's on your mind before you get into bed. And secondly to create a good sleep routine i.e. no devices an hour before bed, going to bed at a set time every night and winding down at least 45 minutes before you go to sleep. Consider a night time ritual like drinking a cup of chamomile tea, listening to relaxing music or reading a relaxing book.

ABOUT US

This stress first aid kit is brought to you by The Healthy Workplace. We work to improve the lives of everyone at work creating thriving people and prosperous businesses. The Healthy Workplace creates effective and unique workshops, learning experiences, coaching and interactive materials to help employees and businesses achieve sustainable success. We combine decades of experience in wide-ranging disciplines and the latest research to bring a fresh approach towards changing lives and businesses for good. We invite you to join us to help your employees and organisation thrive!

If you would like more support to navigate the changes during this time, our one on one coaching and trainings (which can be delivered remotely) can help:

- Create a safe, supported space to think and plan with a coach
- Give you tools and strategies to help you and your team to stay calm, confident, focused, healthy and capable
- Develop a radical self care plan to help you move from surviving to thriving
- Maintain productivity and wellness
- Access group flow while working from home
- Give you the structure and courage to bring about lasting and positive change in your business and life
- Be part of an ongoing safe accountability support system to keep you upright, encouraged and engaged.

To find out more about us please visit www.thw.nz or email us sarah@thw.nz or suzanne@thw.nz

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