

Evidence-based management strategies.

Breathing

Psychological sigh: take 1 normal breath in, short pause, inhale through the nose again, then exhale through your mouth (slower than normal exhale), repeat.

Box breathing: breathe in through the nose for 4 seconds, hold for 4 seconds, breathe out through the mouth for 4 seconds, hold for 4 seconds, repeat.

Vagus Nerve

Humming, Gargling or Singing: actions that vibrate vocal cords activate the vagus nerve, signaling safety to the body.

Mindful chewing: chewing gum or mindful eating can engage the vagus nerve and signal safety to your body

Grounding

5 senses: focus on the present moment by noticing 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Foot press: press your feet firmly into the ground for a few seconds, then release. If possible, take off your shoes, squinch your toes into the ground, notice the feeling.

Physical

Butterfly hug: cross both arms over your chest and place each hand on your shoulder. Breathe. Gently begin tapping each hand one at a time on your arms. Tap for 10 counts, pause and take a deep breath. Continue tapping until you feel more relaxed.

Move your body: exercise, stretching or even shaking can help move your muscles and use energy.

Cold exposure: hold ice or cold object to your wrist, face or back of neck for up 30 seconds, pause and repeat.

Thoughts

Acknowledge, name and externalise negative thoughts: say *I feel* stressed, not *I am* stressed.

Journaling: write them down.

Mantra: repeat a simple phrase like 'this too shall pass' or 'I am safe'.

Gratitude: practice gratitude for something today.

Opposites: Seek out positive experiences like watching a funny video, read a feel-good story, what are the good things that happened today?

Connect with self

Lean into the discomfort: try to stay with uncomfortable thoughts or feeling while doing some of the strategies above.

Acknowledge your progress: be patient and kind to yourself.

Connect in with a safe person

Reach out to someone who understands you. You do not necessarily have to talk about what happened/is happening.

Reach out to a professional in your support circle, to your EAP service, or a support service like 1800 FULL STOP or the NSW Sexual Violence Helpline.

☎ 1800 FULL STOP
1800 385 578

**We believe you.
You are not alone.
Help is available.**

