

# Stress and trauma — support yourself with helpful self-talk



‘To help others, I also need to look after myself.’



‘It’s OK to need a rest or break. It’s not selfish.’



‘Working round the clock makes me less effective for the children.’



‘Thank you for being there for me last week. I feel so much better.’



‘I know how to spot the signs of stress. I will listen to others when they spot it in me too.’