

Stress and trauma — pause and try to:



1

Ground yourself

Many people find simple techniques like breathing and counting can help.



2

Take time out

If it's too much, it's ok to leave the situation. It is a sign of strength to look after your own needs.



3

Accept help

Be open to offers of help. You are human and deserve help if you need it.



4

Re-focus your mind

You may be able to re-focus on the work task while also looking after your mind.

Remember the things you have learned before to help you when you're stressed (and the ones to avoid).