

Self Check-in.

A simple, step by step way to create some headspace to help you manage a stressful or demanding period.



When you're experiencing intense demands or unexpected trauma, your stress response prepares you to fight the perceived threat or run away from it. It's your natural "flight or fight" response that has kept us humans alive for thousands of years.

So a stress reaction is a natural, necessary and unavoidable part of life. But the type and amount of stress that people can comfortably handle varies hugely and depends on many factors, such as someone's personality and life experience.

When you're in a stressful situation, grounding techniques can help you manage your emotional reactions and return you to a point where you can handle the situation in a calmer and more constructive way.

How to do it:

It's a grounding technique – so something that you can use at any time, when you need to take a moment, step away from what's happening and gain some headspace.

It's a simple case of starting at the top of the list, and working your way through each step.

10. Take ten deep breaths in through your nose and out through your mouth.
9. Name nine things that you see in your environment.
8. Name eight different colours you can see around you.
7. Name seven people who help and support you in various ways.
6. Name six things that make you happy or smile.
5. Take five deep breaths.
4. Name four different shapes that you can see.
3. Name three things that you can hear, feel or touch right now.
2. Take two more deep breaths.
1. Name how you feel right now.

For more information, help or advice, please email support@act-5.co.uk