



WHEN YOU GET OFF YOUR SHIFT TAKE A COLD SHOWER. START WITH 30 SECONDS AND WORK UP TO 4 MINUTES

4 X 6 BREATHING EXERCISE
4 SECONDS IN - 6 SECONDS OUT- 6 TIMES
JUST 1 MIN TO ALTER YOUR BRAINS CHEMISTRY

SIT IN YOUR VEHICLE AND DO 1 MIN. OF 4X6 BREATHING



OPEN A NOTE PAD/JOURNAL WRITE DOWN ANYTHING THAT MAY HAVE HAPPENED OR MAY HAVE TRIGGERED YOU DURING YOUR SHIFT



LOOK AT THE FEELINGS GUIDE ON THE SECOND PAGE OF THIS GUIDE. WRITE DOWN THE FEELINGS YOU ASSOCIATED WITH THE EVENT THAT TRIGGERED YOU



JOURNALING HELPS YOU NOTICE YOUR FEELINGS AND FIGURE OUT WHAT TO REFLECT ON LATER, OR WORK ON WITH YOUR THERAPIST.



SAY OUT LOUD: 'I RELEASE THIS. I LEAVE IT HERE!' THEN DO 4X6 BREATHING FOR 1-2 MINUTES. FINISH WITH A MOMENT OF STILLNESS OR QUICK PRAYER TO LET IT GO.



WRITE DOWN 3 THINGS YOU ARE GRATEFUL FOR



PICK A SPOT ON YOUR WAY HOME TO MENTALLY DROP THE STRESS BEFORE WALKING THROUGH THE DOOR.



CREATE A CODE WORD YOU CAN USE AT HOME TO SIGNAL A TOUGH SHIFT. KNOW WHAT YOU CAN SHARE AND WHAT'S BEST TO KEEP PRIVATE. IF FEELINGS COME UP AGAIN, WRITE THEM IN YOUR JOURNAL.

How are you feeling?



HAPPY



SAD



TIRED



SCARED



ANGRY



NERVOUS



SHY



EXCITED



DISCONNECTED



SILLY



WORRIED



ANNOYED