

GROUNDING DE-ESCALATION EXERCISE



— CONVERGE INTERNATIONAL

Are you finding events today overwhelming?

It's important to stop as soon as possible and look after yourself to allow you to keep looking after others.

1

Advise a leader you need time, find a quiet space and recalibrate again before you continue with your shift.



Complete this simple 2-3 minute **Grounding Activity**. It will help de-escalate feelings of overwhelm and distress in the immediate moment.

2



3

To develop a wellbeing plan or to manage your specific symptoms contact **Employee Assist** for coaching and support – **1300 687 327**.



FACE TO FACE



VIDEO CONFERENCE



PHONE



CONVERGE APP



LIVE CHAT

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