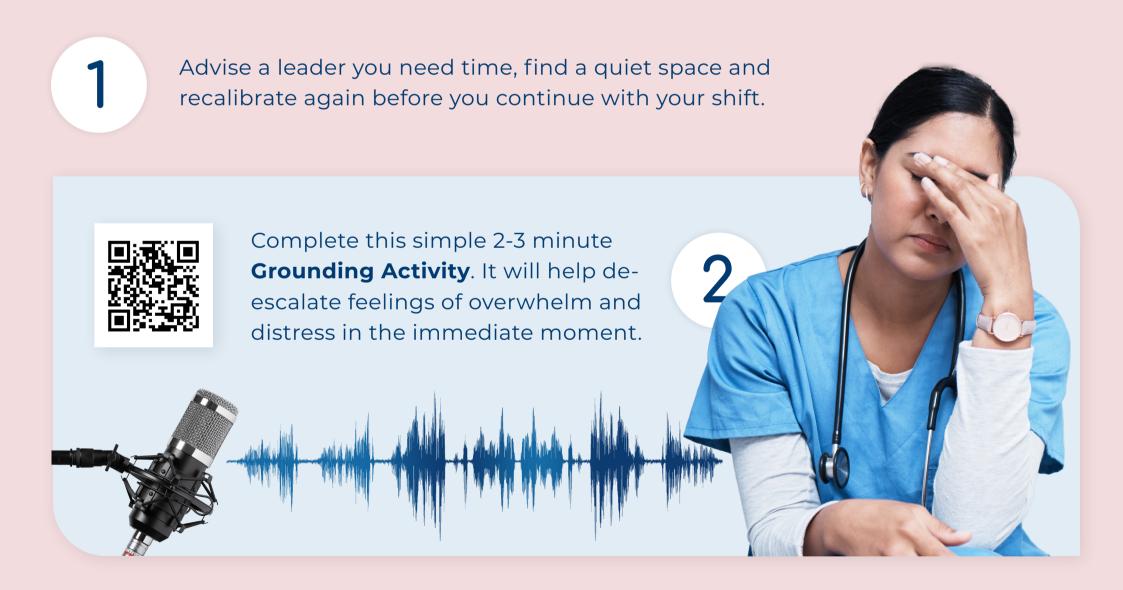
## **GROUNDING DE-ESCALATION EXERCISE**



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.



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















