

## Safeguarding Your Wellbeing after an Incident

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... and building Resilience ...

- 1. Think about things differently:* know what to expect – don't expect what you know you won't get. Be realistic about the situation you are in. Unexpected things happen – they are part of life. Don't take things personally – what happens and what is said is about them, not about you (when people are upset and overreactive, they can say things out of turn).
- 2. Process what has happened:* don't let events linger in your mind. Accept them, they are real. Allow yourself to feel what you feel. Then re-frame the event and put it aside. Especially do not ruminate on negative thoughts about it.
- 3. Calming practices – at work:* know how to calm yourself down – muscle relaxation, breathing and body scanning, go for a walk, look at the sky, listen to music, talk to a colleague, have a cup of tea etc.
- 4. Self-observation:* tune into yourself regularly – am I tense? Am I dwelling on negative thoughts? How can I change them? Am I being realistic? Am I catastrophising? Say 'STOP' and mean it.
- 5. Positive Affirmations:* list your good qualities – read regularly, remind yourself of them.
- 6. Transition ritual:* have an activity that marks you leaving work and entering your private life – e.g. change clothes, go for a walk, have a cup of tea, do some exercise, do some meditation, or even just walk through the front door. The important thing is that you do it *consciously* to mark that you have put work aside. DON'T keep looking at your phone and texting work – leave it till you are back there tomorrow. Don't let your work rule your life.
- 7. Calming practices – at home:* Progressive Muscle Relaxation, Mindfulness of breath, Body Scanning, Loving Kindness Meditation (yourself, your loved ones, adversaries, all creatures), your other personal activities that you like, e.g. reading, TV (not negative stuff), music, spiritual practices and other things that bring you back into the present and back into your body.
- 8. Work-life balance:* check that you are giving time to the important things in your life, not just work – family, friends, physical health (diet, exercise, sleep etc.), relaxation, friends, spiritual, enjoyment, pleasure and things that lift you and make your life worthwhile.