

Broad strategy	Your Personal Tactic to Put into Action
A mantra or affirmation	
How can staff support each other when they see stress or struggle?	
Focus on the positive and your purpose. What do you like most about your job?	
What is a fun “want to” task you can briefly focus on to recover?	
What calming activity can you look forward to on your break or after your shift?	
What verbiage can you prepare for a common scenario you know you find stressful?	Scenario: What you'll say:
What changes can be made to your working environment (immediate or long-term) to help alleviate stress?	
When feeling stressed, what action can you take in the moment?	