

Your 5 Moments for Emotional Hygiene

Use the 5 moments to wipe your feet and get back to baseline!
Be ready to go to your next patient/client without stress.

Scan

Stop and scan your mind and body

Assess your stress levels – be aware of your thoughts – how is your body reacting?

Talk

Talk it out

Debrief with a colleague or a peer support responder. Seek advice; ask for feedback.

Act

Take some action

What do I need? Go for a walk, breathe, make tea/coffee, practice mindful meditation; pause.

Reset

Press the reset button

Self-assess, self-reflect, and bring yourself back to a calm, emotional state.

Sleep

Get enough sleep

Top up your emotional energy by finding good sleep habits. Research fatigue and sleep.

