

60-SECOND STRESS BUSTERS

When you're constantly on the go it's hard to find the time to look after yourself but even taking one minute to switch off can make a big difference.

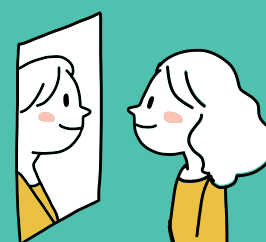
Here are some quick tricks you can use to ground yourself and fight off stress and anxiety.



Try box breathing:
breathe in – hold –
breath out – hold – for
three seconds each



Do some gentle
stretches or go for
a walk



Smile at yourself in the
mirror (you may feel silly
but it works!)



Acknowledge one thing
that was difficult on your
shift and let it go



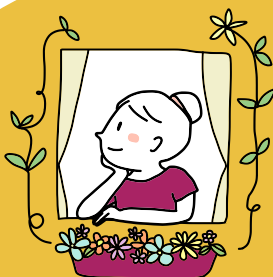
Think of three things you
are grateful for



Make yourself a warm cup
of tea and sip it slowly



Visualise your
happy place



Look outside the
window, watch clouds
go by or leaves moving
in the wind



Look at a photo
of a loved one



#ACNNurseStrong

For more health and well-being support for nurses
visit acn.edu.au/nursestrong or join the NurseStrong
Group on Facebook.