

A large green right-angled triangle is positioned in the upper left quadrant. To its right, a blue quarter-circle is partially visible, with a diagonal line passing through its center. The text 'RECOGNIZE AND ACT' is placed to the right of the green triangle.

**RECOGNIZE
AND ACT**

CALMING DOWN

I will stay grounded
by taking multiple
deep breaths



**RECOGNIZE
AND ACT**

CALMING DOWN

I will focus my
attention on how my
body feels



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will stretch my arms
and focus on the
sensation**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will focus on the
sounds around me
and label each of
them

A large green right-angled triangle is positioned on the left side of the page. To its right, there is a blue shape that resembles a quarter-circle or a sector of a circle, partially cut off by a diagonal line.

**RECOGNIZE
AND ACT**

CALMING DOWN

I will focus on the
colours around me
and name them in my
mind

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**RECOGNIZE
AND ACT**

CALMING DOWN

I will feel place my hands on my stomach and feel the breath filling and leaving it.



**RECOGNIZE
AND ACT**

CALMING DOWN

I will focus on the
sensation of air
coming in and out of
my nostrils



**RECOGNIZE
AND ACT**

CALMING DOWN

I will drink a glass of
water as slowly as I
can



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will make myself a
calming tea**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will go into a dark
room and stay there
until I feel better



**RECOGNIZE
AND ACT**

CALMING DOWN

I will go to the
bathroom and wash
my face in cold water



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will close my eyes
and focus on the
darkness**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will physically
distance myself from
the persons involved



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will take three steps
back**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will stand with my
arms crossed**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will text a friend



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will go on a short
break**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will ask a colleague
to cover for me for ten
minutes**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will label my
emotions**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will visualise a calm
and peaceful place**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will check my phone



**RECOGNIZE
AND ACT**

CALMING DOWN

I will do a sudoku
puzzle



**RECOGNIZE
AND ACT**

CALMING DOWN

I will play a game on
my phone



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will sit down for a
while**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will stay near other
colleagues



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will ask a colleague
to give me a support**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will put on a big
sweater to feel more
protected



**RECOGNIZE
AND ACT**

CALMING DOWN

I will drink some water

A large green right-angled triangle is positioned in the upper left. To its right, a blue shape resembling a quarter-circle or a sector of a circle is partially cut off by a diagonal line.

**RECOGNIZE
AND ACT**

CALMING DOWN

**I will remember about
my plans for the
weekend**

A large green right-angled triangle is positioned in the upper left. To its right, a blue shape resembling a quarter-circle is partially cut off by a diagonal line.

**RECOGNIZE
AND ACT**

CALMING DOWN

**I will plan to discuss
this with a trusted
friend**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will focus on the next
task at hand**



**RECOGNIZE
AND ACT**

CALMING DOWN

A large green right-angled triangle is positioned in the upper left. To its right, a blue shape resembling a quarter-circle or a sector of a circle is partially cut off by a diagonal line.

**RECOGNIZE
AND ACT**

CALMING DOWN

**I will give myself some
minutes to cry**

A large green right-angled triangle is positioned in the upper left quadrant. To its right, a blue semi-circle is partially cut off by a diagonal line that extends from the top right towards the center. The text 'RECOGNIZE AND ACT' is placed between these two shapes.

**RECOGNIZE
AND ACT**

CALMING DOWN

**I will go to the staff
room and tell how I
feel**

A large green right-angled triangle is positioned in the upper left quadrant. To its right, a blue quarter-circle is partially visible, with a diagonal line passing through its center. The text 'RECOGNIZE AND ACT' is placed to the left of this graphic.

**RECOGNIZE
AND ACT**

CALMING DOWN

**I will watch a short
video**

A large green right-angled triangle is positioned in the upper left quadrant. To its right, a blue shape resembling a quarter-circle or a sector of a circle is partially cut off by a diagonal line. The text 'RECOGNIZE AND ACT' is placed to the right of the green triangle and above the blue shape.

**RECOGNIZE
AND ACT**

CALMING DOWN

I will look at the
photos in my phone
for a few minutes



**RECOGNIZE
AND ACT**

CALMING DOWN

I will ask to shortly
switch to work that
does not involve
communication with
clients



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will clean my
workplace**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will listen to music on
headphones**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will ask for a slightly
longer break and go
outside



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will tell the manager
to switch me to other
responsibilities**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will stretch and relax
my muscles**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will take a run after
work**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will go on a fast bike
ride after work**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will treat myself to a
movie**

A large green right-angled triangle is positioned in the upper left quadrant. To its right, a blue semi-circle is partially cut off by a diagonal line that extends from the top right towards the center. The text 'RECOGNIZE AND ACT' is placed in the white space between the green triangle and the blue semi-circle.

**RECOGNIZE
AND ACT**

CALMING DOWN

**I will write about the
situation in the staff
chat**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will take a hot bath
once I am at home**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will take a long walk
after work**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will try to move, not
to stay frozen**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will remember to
breathe**

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**RECOGNIZE
AND ACT**

CALMING DOWN

**I will go to the staff
room, take off the
smile and relax my
face**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will go to a safe
place, close my eyes
and take deep
breaths**

A large green right-angled triangle is positioned in the upper left quadrant. To its right, a blue quarter-circle is partially visible, with a dark blue diagonal line extending from its top edge towards the center of the page.

**RECOGNIZE
AND ACT**

CALMING DOWN

**I will plan my evening
after work**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will try to work less
night shifts in near
future**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will wash my face in
cold water**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will keep my phone
with me**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will remember the
shift is not endless**



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will allow myself to
feel my emotions**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will find time to
reflect on my hurtful
experiences in work



**RECOGNIZE
AND ACT**

CALMING DOWN

**I will keep the diary
about my experience**



**RECOGNIZE
AND ACT**

CALMING DOWN

I will count to ten