

WHEN YOU NOTICE YOURSELF

WINDING UP

SAY TO YOURSELF

STOP

SAFE • TIME • OUT • PLEASE

LEAVE THE SITUATION

•
DO SOMETHING PHYSICAL (EG RUNNING/WALKING)

•
TELL YOURSELF SOME 'HOME TRUTHS' TO HELP WIND DOWN

•
BREATHE! (DEEPLY AND SLOWLY)

•
TALK ABOUT IT WITH A SUPPORT PERSON IF NEEDED

•
RETURN WHEN YOU HAVE WOUND DOWN

•
NEGOTIATE A TIME THAT SUITS YOU BOTH TO TALK



LEAVE



MOVE



TRUTHS



BREATHE



TALK



RETURN



TALK