



## De-stress

When you become stressed your brain can go into survival mode and you can't think clearly. This means your options are severely limited.

It's important to help your brain function normally again and to do this you need to de-stress:

1. **Notice that you are stressed** and acknowledge that you are unlikely to see your full range of choices.
2. **Do something that helps you relax:** sip water; breathe slowly; take time out (at least 20 minutes, if very upset); or go for a walk outdoors. Relaxation exercises and Brain Gym® could help too.
3. **Think clearly about what options you really have** for your present situation. You may find writing down your options helpful and drawing up a list of good and bad points about them. Notice that you will need to **think creatively** and to consider carefully your own needs!

Open up your options and experience the freedom!