

## Try to Stay on the Main Road: Use Your Toolbox



**First set of tools: Prepare yourself.** Before going into a stressful situation:

- Use self-talk
- Have a plan
- Bring a support person
- Get a good night's sleep and make sure you're not hungry

**Second set of tools: Have something "in your pocket."** Tools such as:

- Deep breathing
- Relaxing your muscles
- Counting to 10
- Walking away for a moment
- Thinking of self-affirmation statements

**Third set of tools: Recovery tools,** such as:

- Calling a friend
- Making a cup of tea or coffee
- Exercising
- Doing something you enjoy
- Trying to remember one good thing that happened today

**Fourth set of tools: Ongoing self-care strategies,** such as:

- Having and using a team
- Making time for yourself
- Finding something that is about you, and not about you as a parent
- Ensuring your basic self-care needs, such as sleep, food and health