

Survival mode can help us keep safe **short-term** during a crisis or emergency
Remaining in survival mode for extended periods is not good for our capacity to engage in
relationships, rational thinking, problem solving and even our immune systems

To reduce the impact of chronic stress and chance of burnout, we need to try and step out of survival mode into 'calm and connected' mode.

Ways you can move into 'calm and connected' mode:

Connecting with others

*Stay in touch with loved ones,
friends and colleagues (via
video/audio calls, email, social
media, letters and cards), quality
time with those in your household*

Laughing and smiling

*Watch or read
something funny, notice
humorous situations*



Singing or humming

*Put your favourite tunes
on and sing/hum along*

Meditation and mindfulness

*Focusing on your senses,
being in the moment
listening to guided
meditation/mindfulness
exercises*

Exercise and movement

*Walking, running, yoga,
stretches, dancing, regular
movement breaks, online
workouts*

Connecting with nature

*Spend time in the garden,
walk to the local park,
listen to nature sounds*

Physical touch

*Hug people in your household
if you can, stroke your pets,
wear or wrap up with
comforting fabrics*

Deep, slow breathing

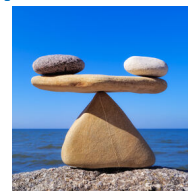
*Pause and notice your breathing,
slow down and take deeper
breaths, breathing exercises*

This can help restore our ability to:

Self-soothe/regulate emotions

Empathise

Feel safe



Orientate

Think through consequences

Make decisions

Effectively support others

Modulate fear

Trust

Calm and relax

Think clearly

Communicate coherently

Recognise and tolerate emotions

Regulate our physical state

Access intuition and insight

Plan