

## Self-settling

### Instructions

- Self-settling is the act of calming down from a state of extreme stress or an intensely emotional experience. After reading the definition, ask staff to share with the group when they feel overwhelmed or frustrated and could calm themselves down.

### After this huddle

Staff should be able to:

- Recognize when they feel unsettled.
- Use effective self-settling strategies.

- Identify situations when self-settling strategies may be helpful.

### Notes to the huddle leader

- Some common cues you may need to self-settle are a higher breathing rate, clenched hands or jaws, muscular tension, difficulty concentrating or making decisions.
- Some common self-settling techniques include closing your eyes, deep breathing, stretching, visualizing a peaceful scene, having a snack and repeating a mantra.



### Guiding questions

- What does “self-settling” mean? Why is it important?
- What cues does your body give you when you might need to take a moment to self-settle?
- What are your self-settling techniques?

Huddle leader: \_\_\_\_\_

Date: \_\_\_\_\_

## Attendance:

Name:

Initial

## Additional resources

Safety huddle | *Work-life balance and self-care*

Article | *Achieving work-life balance in long-term and community care*

## Notes