



## Activity 6.4

# Switching On and Off

### Objectives:

- Understand that resilient workers know how to switch their feelings off when they go on duty, and on again when they go off duty.
- Define the idea of a coping strategy – it is not denial, but instead a way for individuals to get maximum protection while working (switched off) and maximum support while resting (switched on).

### Steps:

1. Have participants practice the concept of switching on and off.
2. Participants can find images that make them feel safe and protected and connected/cared for to help make the switch.
3. Participants can determine rituals they can practice which will help them switch on and off as they begin and end the workday.
4. Practice the art of deep breathing to assist in calming oneself before a difficult job.