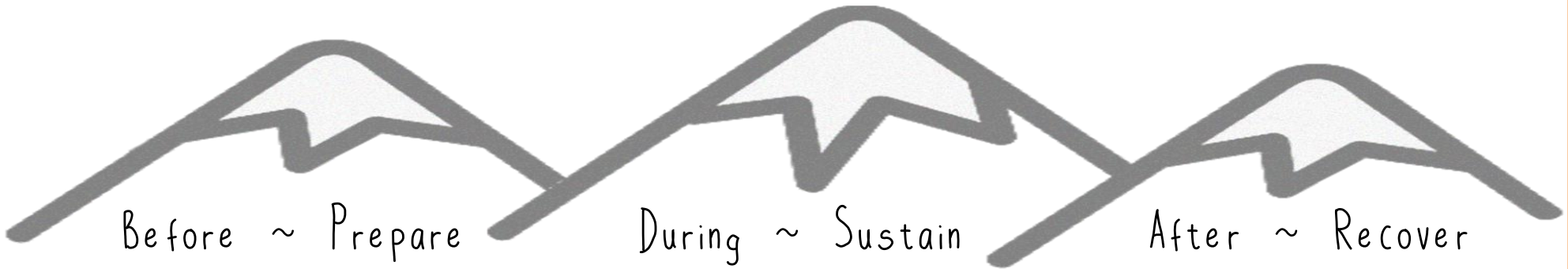


Climb Every Mountain

There will always be occasions when we have to face something or do something that we do not want to do or are really anxious to do. It could be attending an appointment, or going to a busy shopping centre, or having to have a difficult conversation with another person. For each of us it will be something different. However, sometimes 'being brave' or 'powering through' just isn't enough and can potentially escalate to us becoming unsafe. Therefore, it is helpful to consider the 'Before', 'During' and 'After' of the mountain we are going to climb so we can minimise the risk to ourselves.

Add your own ideas to each section so you are best able to cope with the challenge you are facing.



Before ~ Prepare

- Rest and plan ahead
- Verbalise concerns and fears
- Plan an exit strategy
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During ~ Sustain

- Bring something calming
- Plan breaks or timeouts
- Remind yourself of exit strategy
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After ~ Recover

- Be kind to yourself
- Reward yourself
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[Consider planning things that you enjoy or find relaxing to recover from 'climbing the mountain'.]