

HAVE YOU EXPERIENCED WORKPLACE VIOLENCE OR AGGRESSION?

Challenging workplace interactions of all types, degrees or frequencies can take a toll on health and wellbeing causing your distress bucket to overflow.



EMPTY YOUR BUCKET BY:

- Reaching out to a leader or peer supporter for a debrief and ongoing check-in.
- Take a break.
- Complete breathing activities.
- Complete mindfulness or progressive muscle relaxation exercises.
- Engage in positive self-talk by acknowledging and validating your feelings and experiences.
- Speak to someone you trust.
- Talk or write about your feelings.
- Plan personally meaningful activities.
- Stay connected with others.
- Get a good night's sleep.
- Seek professional support.

ALLIANZ WORKPLACE MENTAL HEALTH HUB

