

# Finding Calm Amidst the Storm: Coping with Distress, Trauma, and Anxiety

## Key Takeaways

1

### Seek care early

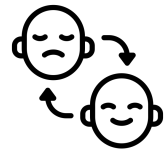
Delayed intervention will lead to an increased risk to developing mental health issues and burnout



2

### Reframe negative thoughts and behaviors

Apply the 3Cs: Catch it - Check it - Change it



3

### Practise self-care

Take some time off to care for your wellbeing by getting some exercises, going out for a walk or engaging in social activities



4

### Practise mindfulness

Some simple mindfulness techniques you can practise are Box Breathing and Grounding Exercise



5

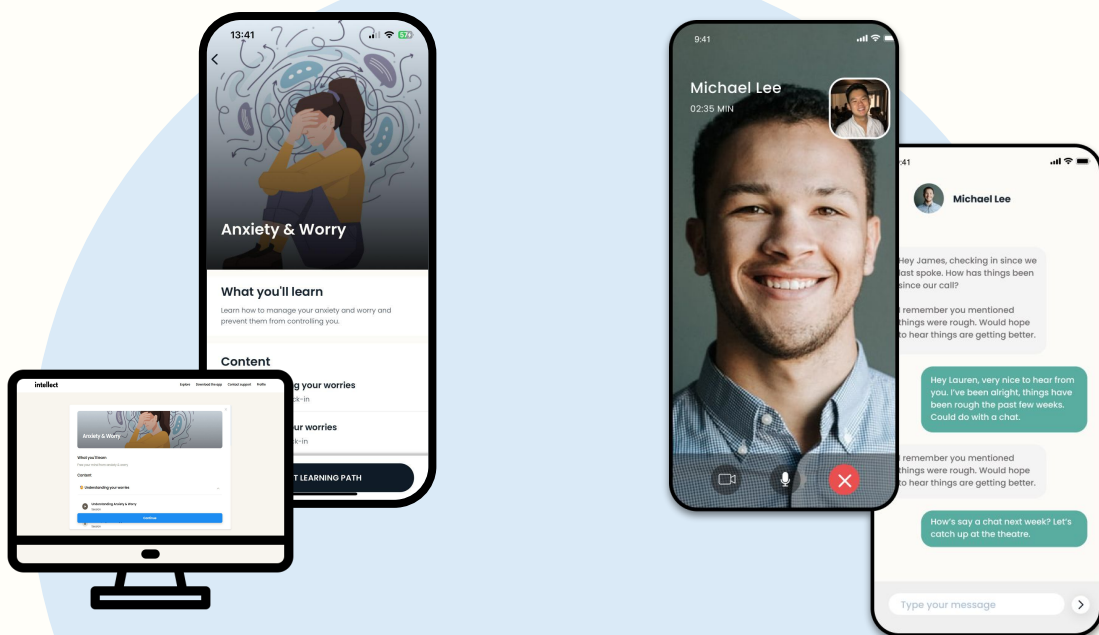
### Lean on others and support them too

Supporting others by showing genuine interest, sharing their emotions and offering help



# From Insight to Action: Put Your Skills to Work Today!

Enhance your anxiety management skills through **immersive self-guided learning modules** complemented by **personalised 1:1 coaching support**



## Anxiety & Worry Learning Path

Structured journey designed to equip you with the knowledge and skills needed to effectively manage anxiety.

## 1:1 Coaching

Discuss with your coach on more personalised strategies for skillfully managing and mitigating anxiety in various aspects of your life.

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

