



# Help with stress

## See and hear



Worried face

Moody

Not sleeping well

Looking around a lot

Fast heart rate, breathing changes

## Do



Keep a calm place

Help them to relax – massage, slow breathing, music

Distract – do happy things

Talk about why they are worried

Give medicine as prescribed



## Talk, stay, connect...



### Special things

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Need help? Ring the clinic.

T: .....