

Monthly Safety Training



RESET. REGROUP.

When you feel anxiety or stress, try going through the STOP method to reset and change your perspective.

S.T.O.P. METHOD.

Stop what you are doing.
Take a breath.
Observe what you are feeling.
Proceed with your task.

DESTRESS IDEAS.

Taking a walk, listening to music or an audio book, regular exercise, meditation, and prayer are all ways to help you relax.

CREATE BOUNDARIES.

Create healthy boundaries when it comes to your time. Time is a limited resource, so you have to spend it wisely.

TAKE CARE OF YOU.

There are many things you can do to relax and unwind. Check in with yourself. Make time for you.



STRESS MANAGEMENT

DECEMBER 2025

<https://bit.ly/3ZvCkYa>



SCAN THE CODE, LEARN MORE.

We have created a short, fun, and interactive “game” for each monthly safety training topic. Scan or click the code to play along!