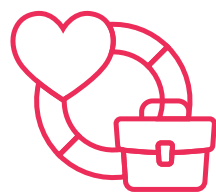


An Garda Síochána

Daily techniques for Connection & Restoration

Here's a set of daily micro-practices designed to help feel restored at work in real time without becoming overwhelmed. Each practice is practical, takes only a few minutes, and can be integrated into your day when needed.

Each practice is practical, takes only a few minutes, and can be integrated into your shift when needed.



The 5-4-3-2-1 Reset

When to Use:

When you feel overwhelmed and need to ground yourself.

Practice:

- Pause and name 5 things you can see.
- Name 4 things you can physically touch.

- Name 3 things you can hear.
- Name 2 things you can smell (or remember a comforting scent).
- Take 1 deep breath, inhaling for four counts, holding for four, and exhaling for four.

This activates your senses and pulls your attention back to the present.



The 90 Second Rule

When to Use:

When you notice a wave of difficult emotion building.

Practice:

- Remind yourself that a physiological stress response peaks in 90 seconds unless reinforced by thoughts.

- Set a timer for 90 seconds. During this time, let the sensation move through you without resistance.
- Breathe deeply and visualize the stress leaving your body with each exhale.

By the time the timer ends, the intensity will likely have passed.



Box Breathing

When to Use:

Before or after a challenging meeting or email.

Practice:

- Inhale deeply for 4 seconds.
- Hold for 4 seconds.
- Exhale for 4 seconds.
- Hold for 4 seconds.

Repeat 3–5 times to regulate your nervous system and regain control.



The 'Name it to Tame it' Strategy

When to Use:

When you feel a vague sense of distress but aren't sure why.

Practice:

- Pause and mentally name what you're feeling (e.g., "I'm feeling anxious about this deadline").

- Then, shift to self-talk: "This is just a feeling, and feelings pass."
- If needed, jot down the specific concern and one small action you can take to address it.

Naming emotions reduces their intensity and helps you shift to problem-solving mode.



The Micro-Movement Release

When to Use:

When you feel tension building in your body.

Practice:

- Stand up and do a quick stretch, shoulder roll, or shake out your arms and legs

- If possible, take a brisk walk (even just around your workspace).
- Pair movement with a long exhale to release excess tension.

Even tiny movements can discharge stored stress from your nervous system.



"What If" to "What Is" Shift

When to Use:

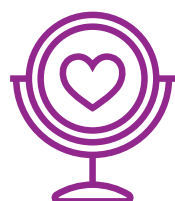
When anxious thoughts spiral into worst-case scenarios.

Practice:

- Notice the anxious "What if" thought (e.g., "What if I mess up this project?").

- Shift to a fact-based "What is" statement: "What is true right now?" (e.g., "I've prepared well, and I can ask for help if needed.")
- Redirect your focus to a small, concrete action you can take next.

This helps rewire your brain toward problem-solving rather than catastrophizing.



The 3-2-1 Gratitude Pause

When to Use:

Anytime you feel emotionally drained.

Practice:

- Think of 3 things that went well today, no matter how small.

- Recall 2 people you appreciate.
 - Identify 1 way you took care of yourself today
- This rewires your brain to notice the positive, counterbalancing stress.*

