Black Cockatoo
MEN'S COUNSELLING

RECOGNISE STRESS. RESPOND EARLY.

A practical check-in for the moments when life starts to feel too much.

NOTICE IT. NAME IT. SLOW IT DOWN.

A simple skill: catch the signs early, then choose one small action.

Stress is part of life. The useful skill is noticing when it is building and taking a moment to respond before it gets on top of you.

KNOW YOUR WARNING SIGNS

HEAD
Pressure, especially towards forehead (frontal lobe), racing thoughts, or trouble concentrating.

CHEST & BREATHING
Tightness, possible ache around heart area, or short and shallow breaths.

Chest pain can signal a heart attack. If in doubt, call 000.

MUSCLES
Tense jaw, shoulders, neck or back

MOOD
Irritable, impatient or easily frustrated

BEHAVIOUR
Rushing, snapping or withdrawing

ENERGY
Restless, wound up or unusually drained

Your signs may be different. Learn what stress looks and feels like in you.

TAKE A QUICK CHECK-IN

BODY	MIND	LEVEL
What am I noticing physically?	Am I worrying, rushing or going in circles?	How high is my stress right now?

A personal guide — not a diagnosis

1–3 STEADY | 4–6 BUILDING | 7–10 HIGH

SLOW IT DOWN — CHOOSE ONE ACTION

SIX SLOW BREATHS
Pause. Breathe gently and slowly. Let each out-breath be a little longer.

WALK FOR FIVE MINUTES
Step away from your desk or task. Move and change your surroundings.

MOVE THE BUILT-UP ENERGY
Try comfortable squats, wall push-ups or gentle stretches. Adjust to your ability.

TAKE A PROPER PAUSE
Put the problem down for a moment. You do not have to solve everything right now.

SHIFT YOUR ATTENTION
Put your phone aside, step outside, listen to music or do one simple task mindfully.

THEN CHECK IN AGAIN Has the intensity shifted? What would help you take the next sensible step?

MAKE IT REAL THIS WEEK
When you notice stress rising, pause and take six slow breaths before responding.

A THOUGHT TO TAKE WITH YOU
"We suffer more often in imagination than in reality."

Seneca, Moral Letters to Lucilius, Letter 13.4

A LIGHTER THOUGHT
"You don't have to carry the whole day at once."

A gentle reminder to take things one step at a time.