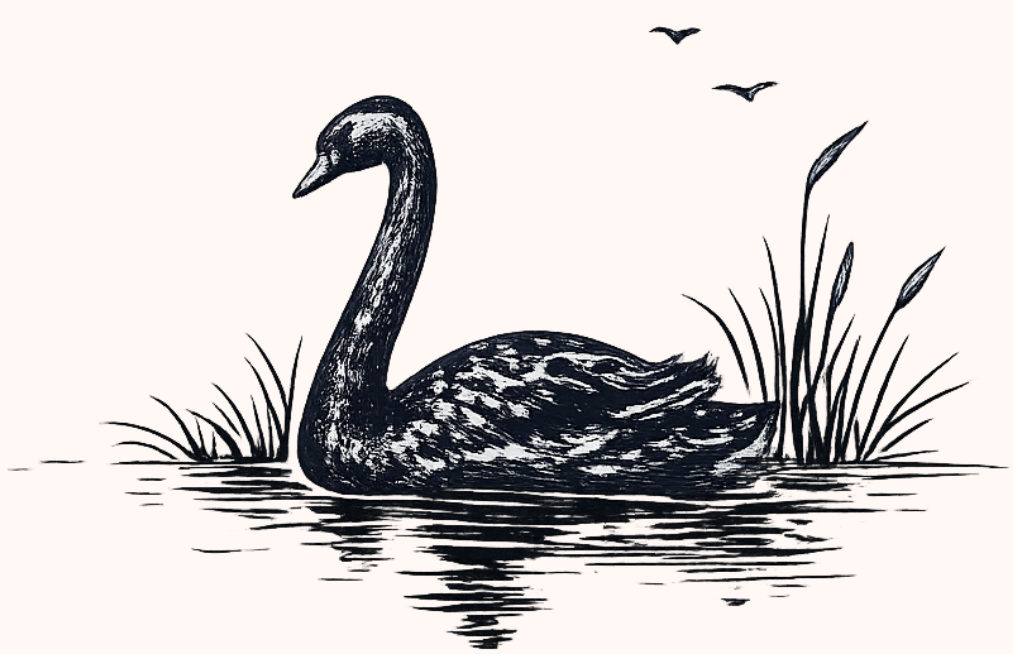


BIRD FLU & You

After a hard day



After a day of sick or dying wildlife, difficult decisions, or confronting field work, you may still feel wired, flat, restless, upset or exhausted long after you’ve finished.

You don’t have to make sense of everything tonight.

Before trying to think your way through your day, give your body a chance to come down.

CHOOSE WHAT YOU NEED

You don’t need to do all of these.
Pick one or two that feel right.



SETTLE

Help your body shift out of high alert.

- Take a warm shower
- Change out of work clothes and into something comfortable
- Try a few minutes of slow breathing — particularly a longer, easy exhale
- Sit somewhere quiet and notice what you can see, hear and feel around you
- Stretch gently or lie down somewhere comfortable
- Reduce noise, screens and stimulation for a while

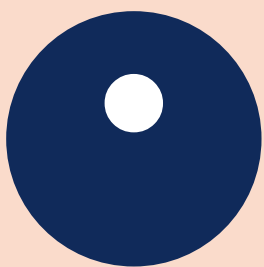


MOVE

Give some of the day’s activation somewhere to go.

- Take an easy walk
- Stretch or move gently
- Shake out your arms, shoulders and legs
- Do some familiar, rhythmic activity — gardening, swimming, cycling, yoga
- Spend some time outside without needing to monitor, rescue or fix anything

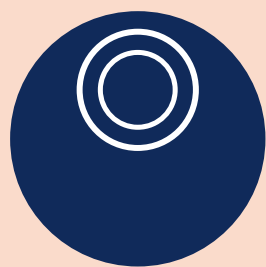
Think movement, not performance.



RESTORE

Give your body some of what the day has used up.

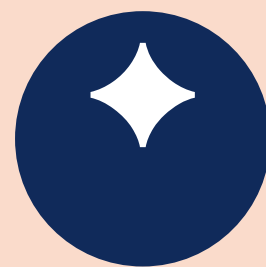
- Eat something nourishing
- Drink water
- Get warm or cool, depending on what your body needs
- Protect your sleep as much as you can
- Do something familiar and ordinary — cook, read, watch something easy, play music
- Give yourself permission to stop looking at bird-flu news for the night



CONNECT

You don’t have to carry the day by yourself.

- Spend time with someone who helps you feel settled
- Talk to a colleague who understands the work
- Tell someone, “That was a hard day.” You don’t have to explain everything
- Sit with family, friends or pets without needing to talk about work
- Ask for company rather than advice
- If you need more support, reach out to WildTalk, your EAP or another support service



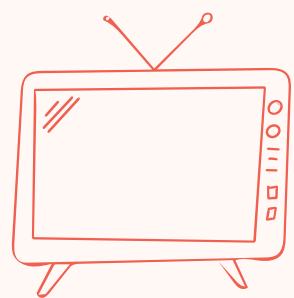
MAKE SPACE

Sometimes what you need isn’t distraction.

- Write down what is going around in your head
- Let yourself feel sad, angry or upset without trying to resolve it
- Cry if you need to
- Acknowledge an animal, population or place you’re grieving
- Do something creative or absorbing
- Remind yourself what was within your control — and what wasn’t

AND SOMETIMES...

Distracting yourself is completely OK.
You don’t have to deal with everything straight away.



Watch something funny. Play a game. Cook dinner. Do a puzzle. Listen to music. Talk about something entirely unrelated.

BEFORE TOMORROW

- What do I need tonight?
- What would make tomorrow a little easier?
- Is there anything I need to tell someone before I go back?

If difficult feelings are intense, ongoing or getting in the way of daily life, connect with support.

WILDTALK
1300 945 382

LIFELINE
13 11 14

Your GP / EAP