

Rising Water

Imagine you are walking across a slippery surface. You might feel a bit uneasy but as long as you take extra care, you can manage to walk OK. If the water were to rise further, it might become much more difficult to stay on your feet and before long you might be starting to worry you're going to go under. This is when you are likely to panic and then problem-solving strategies are much harder to remember. If you can recognise stress in your body and thoughts before the water gets too high, it is much easier to take action to manage the situation.

What happens in your body and mind when you feel uneasy or tense?

What strategies might work for you?

