
TOOL THREE

Gentle movement

A stress response is built to end in movement. When a shift gives it nowhere to go, small, slow motion finishes what the body started rather than leaving it stored.

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- 1 Roll your shoulders back a few times, slowly.
 - 2 Let your spine round and arch, following your breath.
 - 3 Shake out your hands and arms for twenty seconds.
 - 4 Stop. Stand still and notice what settled.

Use it when you come off a call keyed up with nowhere to put it.



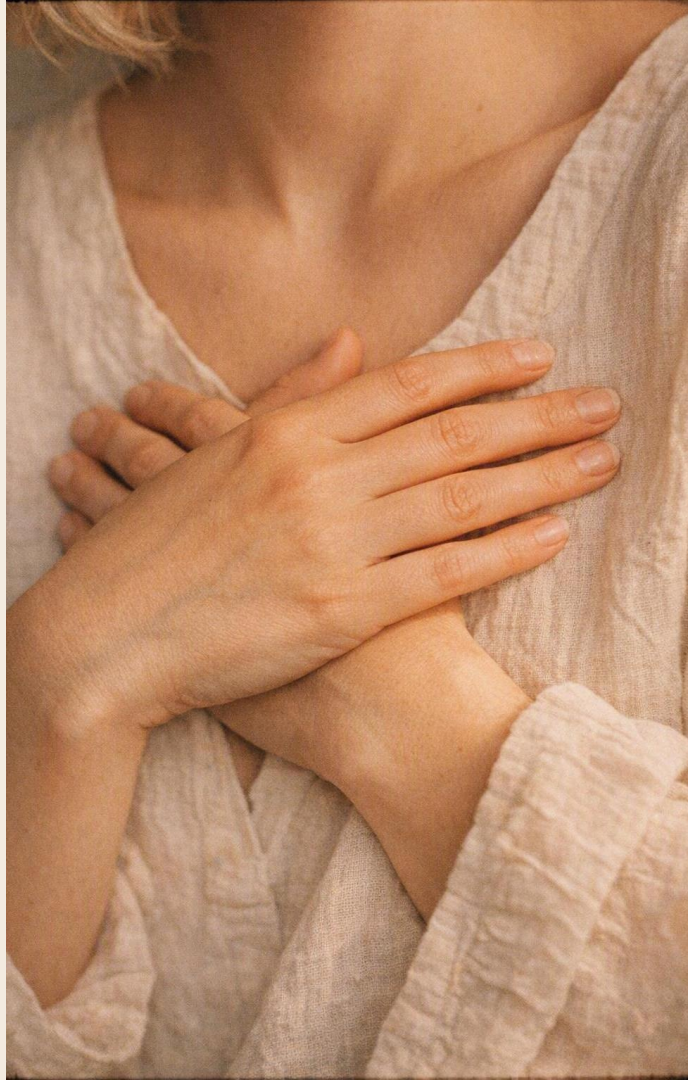
TOOL FOUR

Self-contact

Steady pressure from your own hands is one of the oldest signals of safety there is. It asks nothing of anyone else, and nobody has to see you doing it.

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- 1 Put one hand flat on your chest, the other on your belly.
 - 2 Let the hands be warm and still. No pushing.
 - 3 Or cross your arms and hold your upper arms firmly.
 - 4 Stay for a minute. Let the breath do what it wants.

Use it when you need something steadying and you are on your own.



REST TOOLS

Let the body do the repair.

Rest is not the same as sleep, or the same as being off duty. It is the state the body drops into when nothing is being asked of it, and it is when repair happens. Most people have to practise it.

Legs up the wall. Ten minutes that change the whole system.

Supported rest. Props do the holding so you do not have to.

Body scan. Deep rest while staying awake.

Winding down. Giving sleep a runway, even after nights.



TOOL ONE

Legs up the wall

Simple, passive, and hard to get wrong. Lying with the legs raised takes the load off a body that has been upright and braced all shift, and the system reads it as permission to stand down.

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- 1 Sit side-on to a wall, then swing your legs up it.
 - 2 Lie back. A folded blanket under the hips helps.
 - 3 Let the arms fall open. Close your eyes.
 - 4 Stay five to fifteen minutes. Come out slowly.

Use it when your legs are heavy and you are wired but exhausted.



TOOL TWO

Supported rest

In restorative rest, props hold you so no muscle has to. There is nothing to achieve and nothing to hold — which, for a body used to being ready, is the whole point and often the hardest part.

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- 1 Lie on your back or on your side, whichever is easier.
 - 2 Put a bolster or cushions under the knees or between them.
 - 3 Cover yourself with a blanket. Warmth matters.
 - 4 Set a timer for ten to twenty minutes and let go.

Use it when you need recovery but sleep is not available or wanted.



TOOL THREE

Body scan

Moving attention slowly through the body gives a busy mind something to do while the rest of you unwinds. It is the closest thing here to sleep, without needing to fall asleep for it to count.

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- 1 Lie down somewhere warm. Cover your eyes if you can.
 - 2 Move your attention slowly from your feet to your head.
 - 3 Name what you find without fixing it. Numb counts too.
 - 4 If you drift off, that is fine. If you do not, also fine.

Use it when you cannot switch off, or you have twenty quiet minutes.



TOOL FOUR

Winding down

Shift work asks the body to sleep against its own clock. You cannot argue it into sleeping, but you can give it a consistent set of signals that the work is over and it is safe to go under.

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- 1 Keep the last half hour dim, dull, and screen-free.
 - 2 Do the same three things in the same order each time.
 - 3 Make the room dark and cool. Blackout blinds earn their cost.
 - 4 If sleep will not come, rest instead. Do not fight it.

Use it when you are coming off nights, or sleep has become a battle.



MAKING IT STICK

Small, often, and before you need it.

These tools work best when they are already familiar. Practising while you are calm is what makes them available when you are not. Pick one, attach it to something you already do, and give it two weeks.

Anchor it. Same moment each day, after the rig check.

Start small. Two minutes counts. Ten you never do does not.

Stay patient. The change shows up in your baseline.

Ask for help. If something feels too big, use peer support.

