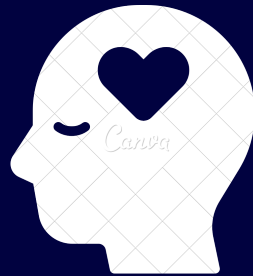




**OMNISCIENT SAFETY  
INNOVATIONS**



**Psychological Safety Pack**



# FEELING OVERWHELMED? TRY BOX BREATHING

STEP 01

**Slowly exhale**

|

STEP 02

**Inhale for 4 counts**

|

STEP 03

**Hold your breath for 4 counts**

|

STEP 04

**Exhale for 4 counts**

|

STEP 05

**Hold your breath for 4 counts**

STEP 06

**Repeat for 10 times**





CALM YOURSELF WITH A  
**5 FINGER BREATHING**  
BRAIN BREAK



Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.

You can also do this breathing exercise using your own hand.

LAUGHING  
WITH A FRIEND

TAKING A HOT  
BATH/SHOWER

UNDISTURBED  
READING TIME



THINGS  
THAT FILL  
MY CUP

WATCHING A  
SUNRISE

TAKING A DAY  
OFF FOR  
MYSELF

PLAYING WITH  
MY KIDS

LOOKING  
FORWARD TO  
A TRIP

GOING FOR A  
LONG WALK



**OMNISCIENT SAFETY  
INNOVATIONS**

Things About

# Mental Health

That Men Should Know

Mental Health Problems Are Much More Common Than You Might Think

It's Okay To Seeking Help When You Need It



It's Okay To Have Many Feelings

Telling People That You're Going Through Will Help You Feel A Huge Sense Of Relief



**OMNISCIENT SAFETY  
INNOVATIONS**

# Mental Health Safety Plan



**Remember: Help is always available**

**My effective coping strategies.**

---

These are things you can do that may help lift your mood, such as exercise or meditation.

**My warning signs.**

---

These can be thoughts, feelings, or behaviours that indicate you are at risk of a mental health crisis.

**People I can reach out to so I can get help.**

---

**Person 1 :**

**Person 2 :**

**Person 3 :**

**People I can reach out to for a healthy distraction.**

---

**Person 1 :**

**Person 2 :**

**Person 3 :**

**In the event of a mental health crisis :**

**Call an emergency contact**

**Call a crisis hotline**

**Call emergency services**

**Steps I can take to make my environment safer :**

**Make our Chamelli visible!**

**Scan Me To Play!**



**Play Our Omniscient Safety Innovations Brain**

**Game!**

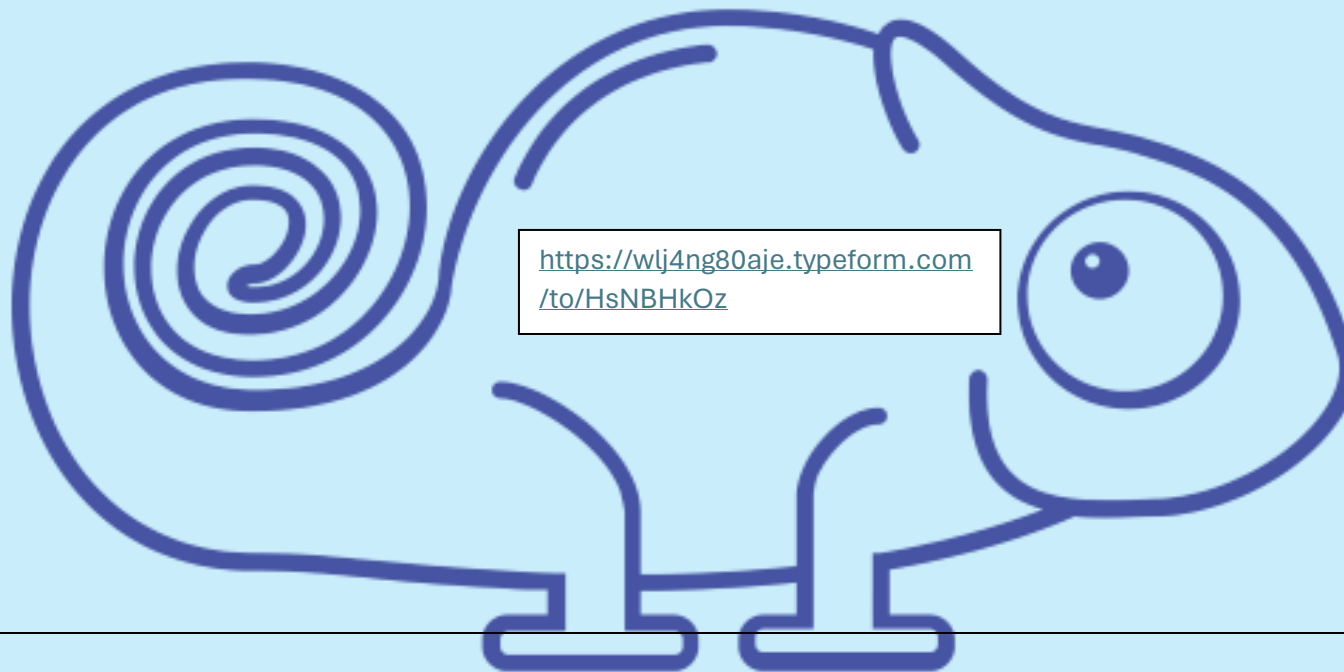
**Scan Me To Play!**



**Take Our Mental Health in The Workplace Questionnaire Today!**

**CLICK THE LINK TO PLAY**

Phycological Questionnaire





**Find Our Omniscient Safety Innovations Key Words Today!**

**CLICK THE LINK TO PLAY**

**WORD SEARCH**



**Make our chameleon stand out from the background!**

