









My plan for using the DVA High Res SMART tools



Scan here for High Res

There are four main ways that you might respond to a stressful situation. Each type of reaction can be helped by these tools. Fill in the below plan and practise these tools to help build resilience and mental wellbeing.

Which tool?	How will this tool help me?	How much time to complete?	How often?
Physical reactions			
<input type="radio"/> 	This tool will assist you to slow your breathing rate and manage physical reactions to stressful or difficult situations	1 minute	For example: <input type="radio"/> 1 to 2 times a day <input type="radio"/> 2 to 3 times a week
www.openarms.gov.au/get-support/self-help-tools/show-all-tools/physical/controlled-breathing			
<input type="radio"/> 	This tool will help you focus on your surroundings and the present moment	2 minutes	<input type="radio"/> 1 to 2 times a day <input type="radio"/> 2 to 3 times a week
www.openarms.gov.au/get-support/self-help-tools/show-all-tools/physical/guided-grounding			
Thoughts			
<input type="radio"/> 	This tool will help you stop and swap your thoughts if a negative or unhelpful thought is causing you distress	5 to 10 minutes	For example: <input type="radio"/> 1 to 2 times a day <input type="radio"/> 2 to 3 times a week
www.openarms.gov.au/get-support/self-help-tools/show-all-tools/thoughts/stop-and-swap-thoughts			
Emotions			
<input type="radio"/> 	This tool will offer you ideas for distracting yourself to provide a temporary break from overwhelming emotions and thoughts	5 to 10 minutes	For example: <input type="radio"/> 1 to 2 times a day <input type="radio"/> 2 to 3 times a week
www.openarms.gov.au/get-support/self-help-tools/show-all-tools/emotions/distraction			
<input type="radio"/> 	This tool will assist you to develop an attitude of calm and learn to adopt a calm attitude to life to help with stress management	3 minutes	<input type="radio"/> 1 to 2 times a day <input type="radio"/> 2 to 3 times a week
www.openarms.gov.au/get-support/self-help-tools/show-all-tools/emotions/being-calm			
Behaviours			
<input type="radio"/> 	This tool gives you ideas for enjoyable and rewarding activities you can do to boost your mood and balance the impact of stress	5 to 10 minutes	<input type="radio"/> 1 to 2 times a day <input type="radio"/> 2 to 3 times a week