

When things get N.U.T.S.



Novelty



Unpredictability



Threat to Ego



Sense of Low Control



Let go of the agenda

Notice what's going on - without judgment

Bring safety to the brain

- Belly breathing
- Physical activity
- Laughter
- Think positive
 - Good memories
 - Can you see something nice?

Set a plan B

- Is it annoying, risky or dangerous?
- What is in your control?
- Can someone or something help you?
- Is there an alternative?

Implement your plan B



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Check out <https://humanstress.ca/stress/> for more information about the NUTS model and stress management tools