

5 STEPS TO GETTING OVER EMBARRASSMENT/HUMILIATION

01

TAKE A DEEP BREATH

Calm your nerves with mindful breathing and do your best to calm your mind and body.

02

BE KIND TO YOURSELF

Show yourself compassion, don't beat yourself up over what happened. You made a mistake. Don't be too hard on yourself.

03

CONFRONT THE SITUATION

If you need to fix something after an embarrassing moment, do it sooner rather than later. You'll feel better with some closure.

04

HAVE A LAUGH

Look for the positives, if something's funny, have a chuckle about it. Often it will lighten the situation.

05

TALK WITH A FRIEND

Talk to someone you are comfortable with like a Crew member and discuss the event, it might help you realise the situation isn't the end of the world.

IF YOU FIND YOURSELF BECOMING ANGRY
USE OUR ANGER MANAGEMENT FACT SHEET.