



Look after yourself (after a stressful event)

“In a Nutshell”



- Eat regular well-balanced meals.....try to avoid too much sugar, it doesn't help in the long run
- Keep hydrated and avoid alcohol
- Make sure you get enough sleep
- Make sure you get enough rest – doing things that make you good – walking, walking the dog, gardening, visiting friends, reading etc...things that you enjoy so much you forget time
- Indulge in physical exercise – it helps to relieve stress. Activities that increase the blood flow around your body, alternating with relaxation, will help alleviate physical reactions.....even a stroll helps
- Be kind to yourself, allow yourself to feel rotten – It really is ok, look after you
- Remind yourself that you are experiencing normal reactions to an abnormal situation.
- Talk to people, choose individuals that you like and are good listeners. Always talk about the stressful event(s) in the past tense. You don't need to relive it in the present.
- Accept support from family friends and colleagues.
- Focus on your strengths and coping skills. They are still there.
- Re-define your priorities and redirect your energy and resources to those priorities.
- Set small, realistic goals to help tackle obstacles.
- Avoid any big decisions. During times of extreme stress, we all tend to make misjudgements.
- Learn as much as you can about normal reactions to serious incidents.
- Make allowances for yourself - give yourself time to recover.
- Keep a diary/ journal in order to track your own progress and help ground yourself in the present.

Above all, REMEMBER, things will get better!