



Managing & Coping with Stress

STRESS AND COPING:

It is natural to feel stress, anxiety, grief and worry during and after an emergency, crisis and disaster. Everyone acts differently, and your own feelings will change over time. Notice and accept how you feel. Taking care of your emotional health during an emergency will help you think clearly and react to urgent needs to protect yourself and others. Self-care during an emergency will help long term healing.

TAKE THE FOLLOWING STEPS TO COPE:

- ❖ **Take care of your body** - try to eat healthy and well balanced meals, exercise regularly and get plenty of sleep.
- ❖ **Connect with others** – share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system. Please note: Limit face-to-face contact, but if you do, use social distancing practices. When possible, stay connected using cellphones, facetime, skype and social media.
- ❖ **Take breaks** – make time to unwind and remind yourself that strong feelings will fade. Try to do activities you usually enjoy.
- ❖ **Stay informed** – when you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read news updates from officials. Be aware that there may be rumours during the crisis, especially on social media. Always check our sources and turn to reliable sources of information like your local government authorities.
- ❖ **Avoid too much exposure to the news** – take breaks from watching, reading, or listening to news stories, including social media. It can be upsetting to hear about the crisis repeatedly. Try to do enjoyable activities.



REDUCE STRESS IN YOURSELF AND OTHERS:

- ❖ **Share the facts** – this can reduce your stress and help others to feel less stressed. It also creates connection.