

Self-care strategies for dealing with stress, trauma and crisis...

When dealing with stress, trauma and crisis, it is crucial that you remember to care for yourself. Those who recover most quickly are those who take specific actions to manage their [responses and feelings](#). Here are some self-care strategies you may choose to try:

Stay away from mood-altering substances, including drugs and alcohol	Get plenty of rest so that you feel rested and relaxed
Eat well-balanced meals	Practice stress reduction techniques such as deep breathing, mediation and visualization
Give yourself permission to feel bad. Schedule it in your day	Let yourself cry
Give yourself permission to feel good	Make small decisions daily to get control of your life back
If possible, put off major life decisions	Give yourself permission to focus on someone outside yourself
Structure your time and develop a routine	Lower expectations on what you think you “should be doing”
Take breaks from periods of isolation	Talk it out – even with a professional
Give yourself permission to do something that could feel good to you	Give and get physical touch. A hug can do wonders
Exercise – even a little bit	Remind yourself that your reactions are normal
Engage in practices that are meaningful to you such as prayer, walking in the woods, sitting quietly, reading inspirational material, talking a bath or journal writing	Do something that puts a smile on someone’s face



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