

SELF-CARE STRATEGIES

Finding Your Resilience After a Disaster or Traumatic Event

Life after a traumatic event or disaster may not be normal for a while. There will be new emotional challenges. It may feel like your world has been turned upside down. To manage and move forward, it is important to practice self-care. The strategies below are simple ways to feel stronger and healthier. Prioritizing this type of self-care can help you be more resilient as you navigate through challenging times.

- › Avoid mood-altering substances or other unhealthy forms of coping.
- › Eat well-balanced, regular meals as much as you are able.
- › Get plenty of rest. Talk to your doctor if you're struggling to get the sleep you need.
- › Try techniques to reduce stress, such as deep breathing or progressive relaxation.
- › Get physical. Do something involving movement. Even a little bit of exercise is beneficial, for both the body and mind.
- › Look for ways to add structure to your day. Simple routines, such as a morning coffee or bedtime stories with your kids, can help ground the day.
- › Consider lending a hand to others. Being busy and helpful can take your mind off stressors and give you an emotional boost.
- › Lean on others. Seeking support from others, including professionals, is not a sign of weakness. It shows you have the wisdom to know you can't do it all alone.
- › Be kind to yourself. Remind yourself that feeling stressed is normal.
- › Give yourself permission to feel bad. Cry when you need to. But also give yourself permission to feel good, even if others may not be there yet.
- › Make time in the day to reflect and be thoughtful. Activities that are calming and meaningful for you can help you do this. This might simply be talking a walk or sitting quietly. You might want to read inspirational material, write in a journal, meditate, or connect with your spirituality.

Learning how to endure and adapt to abnormal and unfamiliar situations doesn't happen in a day. But using healthy self-care practices can help you feel stronger and more able to find your resilience. These strategies can also help you to manage your expectations and know your limits.

Together, all the way.™



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