

TIPS FOR COPING WITH EXTREME STRESS

1. Live in the moment – just take today – don't look back nor too far forward.
2. Concentrate on caring for yourself. Self care does not equal selfishness!
3. Remind yourself that everything will pass. Watch your self-talk and ask yourself: "What would my best friend say to me about this?"
4. Talk about it with other people in the same situation. Compare reactions, reassure yourself that you are not alone in the way you are feeling, but remember everyone's journey and experience is unique also.
5. Talk about it with friends and relatives who care about you. It's normal to need to tell your story over and over.
6. Keep your schedule as routine as possible, and don't overdo it. Structure is good.
7. Allow time for hobbies, relaxing activities, being with friends, even if you don't quite feel like it. Taking refuge in nature or seeing beautiful things (e.g. the art gallery) can be a solace for some.
8. Participate in whatever physical fitness activities you normally enjoy.
9. Utilise whatever spiritual resources are part of your normal lifestyle.
10. Beware of any temptation to turn to alcohol, tobacco, caffeine, and sweet foods. They may make you feel better momentarily, but can cause more problems in the long run.
11. Concentrate instead on a healthy diet.
12. If you can, postpone major life decisions until you have had a chance to get yourself back onto a more even keel. Don't take on more than you have to.
13. Don't hesitate to accept help from friends, co-workers, and others. If you can, offer help to others affected by the event.
14. Sometimes good self-care and talking with friends are not enough. You may want to seek professional counselling through your Employee Assistance Programme, or if needed, see your GP. This does not mean you are "sick," but rather that a counsellor or doctor may be able to help you with practical strategies and support to get your recovery process on track.