

Strategies for Self-Care
By: The American Red Cross

Getting ourselves and our lives back in a routine that is comfortable for us takes time.

- Take care of your safety. Find a safe place to stay and make sure your physical health needs and those of your family are addressed. Seek medical attention if necessary.
- Eat healthy. During times of stress, it is important that you maintain a balanced diet and drink plenty of water.
- Get some rest. With so much to do, it may be difficult to have enough time to rest or get adequate sleep. Giving your body and mind a break can boost your ability to cope with the stress you may be experiencing.
- Stay connected with family and friends. Giving and getting support is one of the most important things you can do. Try to do something as a family that you have all enjoyed in the past.
- Be patient with yourself and with those around you. Recognize that everyone is stressed and may need some time to put their feelings and thoughts in order. That includes you!
- Set priorities. Tackle tasks in small steps.
- Gather information about assistance and resources that will help you and your family members meet your disaster-related needs.
- Stay positive. Remind yourself of how you've successfully gotten through difficult times in the past. Reach out when you need support, and help others when they need it.