Self-Care Tips

As our attention becomes focused on a personal, community, or larger scale disaster, it is easy to find ourselves slipping away from healthy habits and coping strategies at a time when we need them more than ever. Here are some suggestions to help you stay on track with your healthy habits, which in turn will help you feel a greater sense of control during these uncertain times.

✓ Recognize your own feelings and talk about them with someone you trust.

✓ Take care of yourself by making sure you get enough sleep, eat well and exercise. Drink plenty of water and avoid large amounts of caffeine and sugar.

✓ Answer your children’s questions simply and honestly. Don’t share more information than they need to know. Try to keep your answers unbiased so that your kids don’t pick up prejudices about other groups of people.

✓ Reassure children about their safety.

✓ Limit exposure to news coverage that focuses on upsetting images. It’s ok to turn off the television and do other things.

✓ Continue your regular routine at home and work, so that things feel normal for you and your family.

✓ Try journaling. Many people find it helpful to write out their thoughts and feelings.

✓ Spend time on the things that are really important to you. Make sure you’re focusing your energy on the things that matter most.

Contact the Aurora EAP for help 24 hours a day, 7 days a week (800) 236-3231.