

# Affected by a critical incident: coping strategies for self-care



## Connect

with supportive family, friends or colleagues.



## Express any worries or fears when ready.

You may benefit from talking to someone about how you're feeling.



## Try to maintain your regular routine

and take part in your regular hobbies or activities.



## Allow thoughts of the event to come and go.

Be mindful of your thoughts and allow them to go in and out of your mind. You don't have to push them away, and you don't have to be swept up in trying to think your way through them.



## Be patient and kind towards yourself.

Give yourself time to think and adjust to what has happened.



## Avoid using drugs and alcohol to cope.

People who use substances may be less able to cope with a traumatic event.



## Exercise regularly. Eat and sleep well.

Prolonged sleep loss can lead to sleep deprivation, which adds to the symptoms you may already be experiencing from the traumatic events itself.

## Where to get help

Whether you're seeking help for yourself, or someone you know it's important to reach out for professional help from your local GP or health professional. You can also contact the following organisations:

- **TELUS Health Customers:** 1800 835 871
- **Beyondblue:** 1300 224 636
- **Lifeline:** 13 11 14
- **The Samaritans:** 13 52 47
- **Kids Helpline:** 1800 55 1800
- **Headspace:** 1800 650 890