



Self Care



Emergencies are stressful and as someone who is providing services or making decisions during an emergency response that can put a lot of strain on your mental health and overall wellbeing. Below are some things to keep in mind during your next response. Remember, when in an airplane put on your own oxygen mask before helping others.

During your shift:

- Know when your shift starts and ends. Speak to your supervisor if you are working shifts that too long
- Know who's in charge
- Check in with yourself several times during your shift How am I doing? What do I need?
- Take 5 minutes alone or with a colleague
- Get up, stretch and take a deep breath
- Drink water, water, water – stay hydrated
- Fuel yourself – eat healthy
- Look out for other volunteers
- Talk clearly and calmly
- Take time to listen
- Address issues when they arise
- Remember to smile
- Ask for help when you need it!

After your shift:

- Know who is assigned to be your emergency contact person
- Connect with colleagues
- Get some sleep
- Get some exercise – do something that is relaxing for you
- Fuel yourself – eat healthy
- Connect with family and friends
- Talking helps– talk about your experience with good listeners
- Remember you might experience mixed emotions after your experience
- Don't feel guilty about enjoying life!
- Ask for help when you need it!