



## Taking Care of You

Print. Keep it with your disaster plan papers. Look at it often during a disaster. You must make the time to take care of you.

There is really no right or wrong way to get through a disaster. Doing what keeps you healthy, mentally and physically, is what will work best for you. Here are some suggestions for what you can do to have the strength to get through each day.

### Eat

It's easy to forget to do this. You may not even have an appetite too. But eating at least one good, healthy meal a day is important. If you are really busy, eat something healthy such as an apple, a banana or some carrot sticks. Try and minimize the junk or sugary snack foods. Remember too, to drink lots of water, not sugary drinks.

### Sleep

This may not be easy to do with everything that is on your mind. If you can't get a full night's sleep, take a nap or two during the day. Just lying down and closing your eyes can help.

### Get Some Exercise

You probably don't have the energy to actually do exercises, so instead, go for a walk. Pick a quiet spot, preferably with nice scenery, and just walk for twenty minutes or more if you feel up to it. If you do yoga, this could be a really beneficial form of exercise.

### Meditate

This may be something you have never done. That's okay because just finding a quiet, comfortable place to sit, close your eyes and try to clear your mind can be just as beneficial.

### Do Something You Enjoy

This could include such things as playing a musical instrument, reading a book, drawing, playing with your grandkids, taking your dog for a walk, fishing, listening to music you love, helping others in need, playing some basketball or riding a bike. Having a bit of normalcy in your life, doing something you love, can have positive effects on your physical and mental well-being.

### Go to Church

You may not be a regular church going person, but during a disaster it can be comforting to attend a service. It may not just be the words spoken that help. Just having an hour to sit quietly, surrounded by other people who are probably going through a lot of what you are can help. Spirituality has a way of providing peace, even if you don't consider yourself a spiritual person.

### Talk to Someone

It's important not to keep everything you are feeling bottled up inside. You may not feel like talking about your feelings right away, but reaching a point where you feel comfortable to talk you'll find does help. If you have family or close friends to turn to, seek them out. Maybe they are also affected by the disaster, and you feel you don't want to burden them anymore. If this is the case do not hesitate to turn to professionals who are trained to help people cope with the affects of being impacted by a disaster. Do not think this is a sign of weakness because it is not. Everyone needs guidance at some point in their life.

### Step Back

If you have the chance to step away from the disaster for a few days, take advantage of the retreat. When you're not right in the middle of all the chaos it can help you to see things more clearly.