



## 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.

### ♥ **SURROUND YOURSELF WITH PEOPLE WHO SUPPORT YOU**

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