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 TDD

Self-care strategies for dealing with stress, trauma and crisis...

When dealing with stress, trauma and crisis, it is crucial that you remember to care for yourself. Those who recover most quickly are those who take specific actions to manage their responses and feelings. Here are some self-care strategies you may choose to try:

- Stay away from mood-altering substances, including drugs and alcohol
 - Get plenty of rest so that you feel rested and relaxed
- Eat well-balanced meals
 - Practice stress reduction techniques such as deep breathing, meditation and visualization
- Give yourself permission to feel bad. Schedule it in your day
 - Let yourself cry
- Give yourself permission to feel good
 - Make small decisions daily to get control of your life back
- If possible, put off major life decisions
 - Give yourself permission to focus on someone outside yourself
- Structure your time and develop a routine
 - Lower expectations on what you think you "should be doing"
- Take breaks from periods of isolation
 - Talk it out – even with a professional