

Critical Incident Stress Management Information

Suggestions for Adults

- Eat well-balanced meals and drink several glasses of water every day.
- Get plenty of rest.
- Talk to people and use your support systems; talk can be very healing.
- Participate in social activities.
- Exercise.
- Structure your time and try to keep busy.
- Try to maintain a normal schedule.
- Do things that help you to feel comforted.
- Avoid major life decisions or changes.
- Avoid alcohol and drugs; they may help temporarily but ultimately do more harm than good.
- Practice random acts of kindness.

Suggestions for Helping Children

- Be honest and open about the disaster; tell them what is real and let them talk about the event.
- Comfort your children in usual ways and help them feel safe.
- Encourage them to draw pictures if they do not want to talk.
- Help your children to maintain their usual routines as much as possible.
- Don't judge, criticize or try to change your children's feelings.
- Limit exposure to media reports.
- Spend extra time with children at bedtime, particularly if they have difficulty sleeping.
- Let your children know that everyone gets frightened and help them manage their feelings.

If you have questions about stress or how to manage stress, or if you need further assistance for yourself or a loved one, help is available 24 hours a day, 7 days a week by calling Crisis Services at 834-3131.

Specially trained staff can provide services over the phone and/or provide an on-site response where indicated.