

# Looking after yourself after a crisis

Being involved, or witnessing, crisis events like natural disasters, criminal acts, accidents or terror attacks can be very distressing. It is normal to feel upset, anxious and distressed. It can take time to resolve these feelings.

## Normal reactions include:

- Finding it hard to think, concentrate and remember details
- Restlessness, unable to relax
- Problems sleeping
- Muscle tension
- Headaches, nausea
- Feel angry, upset, sad, moody

## Tips for looking after yourself:

- Minimise exposure to media coverage for you and your children
- Talk to people you trust about the event and your reactions
- Take extra care of yourself
- Acknowledge you have been through a highly stressful event
- Allow time for memories, dreams, or flashback to fade

## How you can help others:

- Spend time with friends and family
- Offer support and listen
- Help with practical tasks and chores
- Give people the time, space and patience they need
- Don't try to talk people out of their reactions

## For more information or support:

**Australian Red Cross:**

[www.redcross.org.au/self-care](http://www.redcross.org.au/self-care)

[www.redcross.org.au/aftertheemergency](http://www.redcross.org.au/aftertheemergency)

**Lifeline:** 13 11 14

**Kids Help Line:** 1800 551 800

**Beyondblue:** 1300 224 636