

Self-Care Strategies for Stressful Times

Developed by  CAI

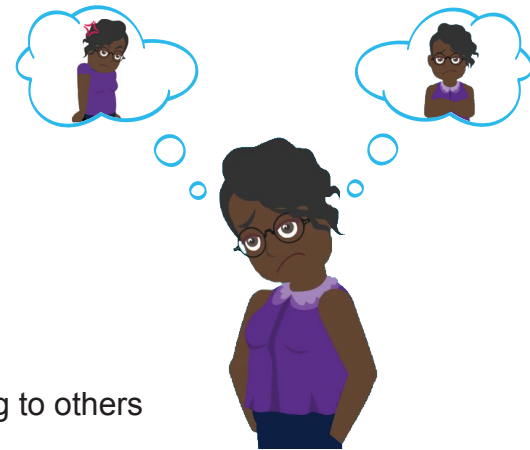
THE COVID-19 PANDEMIC NATURALLY PUTS US UNDER ENORMOUS STRESS



When we feel our emotions taking over and feel like we are losing control, or we see it happening with a co-worker, a client, or someone in our family, we can help by using techniques to get control of our feelings.

First, recognize clues that emotions are rising:

- The face gets hot
- Breathing gets shallow
- We may start to shake
- Our mouth may feel dry
- Often there is a noticeable and sudden shift to anger, irritability, sadness or numbness
- Thoughts start to get in the way of getting things done or relating to others



When you recognize emotions rising, use these strategies to stay in control:

- ① Take deep breaths
- ② Walk away from the situation to get centered
- ③ Feel your feet supported by the floor
- ④ Use a trauma lens by asking **“I wonder what happened?”** rather than **“What’s wrong with this?”**



To manage emotions it is also important to maintain self-care by having regular routines of:



Exercise



Sleeping well



Eating well



Ensuring safety



Using support systems

Keep in touch to let us know what you have found helpful and how we can be of assistance by sharing at

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