



### Tips for Coping with Extreme Stress

- ❖ Concentrate on caring for yourself.
- ❖ Talk about it with other people in the same situation. Compare reactions, reassure yourself that you are not alone in the way you are feeling.
- ❖ Talk about it with friends and relatives who care about you. It's normal to need to tell your story over and over.
- ❖ Keep your schedule as routine as possible, and don't overdo it.
- ❖ Allow time for hobbies, relaxing activities and being with friends, even if you don't quite feel like it (in small groups where possible).
- ❖ Participate in whatever physical fitness activities you normally enjoy (within reason - if you usually enjoy running on the treadmill at the gym, go to the park or an open place instead).
- ❖ Utilise whatever spiritual resources are part of your normal lifestyle.
- ❖ Beware of any temptation to turn to alcohol, tobacco, caffeine and sweet foods. They may make you feel better momentarily, but can cause more problems in the long run. Concentrate instead on a healthy diet.
- ❖ If you can, postpone major life decisions until you have had a chance to get yourself back onto a more even keel.
- ❖ Don't hesitate to accept help from friends, colleagues and others. If you can, offer help to others affected by the event.
- ❖ Sometimes good self-care and talking with friends are not enough. You may want to seek professional counselling through your Employee Assistance Programme (EAP). This does not mean you are 'sick', but rather that a counsellor may be able to help you get your recovery process on track.
  - N.B The Veretis EAP line is completely confidential, free, and available to yourself as an employee and your immediate family. We have extensive experience and can provide coping strategies, an action plan, or other ways to help you manage your stress.

If you have questions about any of the information included in the above factsheet or feel overwhelmed or stressed, please contact the 24/7 Veretis EAP line to speak to our team at 1300 878 379.

