



Coping with Crisis in the Media (Part 2)

Weave your own safety net

Following these tips can help you get on with your day-to-day life, even during stressful times.

- ❖ **Talk to your friends and your family and spend time with them.** If you find yourself feeling unsafe, uncertain, worried, or scared, or if you don't understand what is going on around you, talk to your family, friends, or a counsellor. There is a wide variety of people who can help explain these events so you can understand things better. By talking with your friends and your family, you can share your feelings and know you are not alone. Plus, spending time with them may help you feel more safe and secure.
- ❖ **Help out others.** Sometimes when you are concerned about what is going on around you, it is helpful to give others support. You can help out by raising money or donating clothes, or supporting an organisation that helps people affected by war, terrorism, or natural disasters. Even if you and your family are the ones who are affected, helping others can help you deal with your own stress – it may make you feel a little more in control.
- ❖ **Write down your feelings.** Writing your feelings down – in a diary, a journal, or even on a piece of scrap paper—is a great way to get things off of your chest. You can write down how you feel, what's going on in your life, or anything else!
- ❖ **Stick to your normal routine.** There is comfort in the little things you do every day – so keep on doing them! Take care of yourself. Get lots of sleep, eat well, and be physically active.
- ❖ **Take a break from the TV news.** Watch a funny movie, get together with friends, or read a funny book or magazine. Too much information about disasters can get you down, so try a change of pace. Did you know that smiling has been proven to improve your mood? That can help you feel like new and take your mind off things for a while.

Sometimes things happen that you just can't anticipate, as is the case with COVID-19, or the natural disasters that have occurred earlier this year. Being prepared can help you feel like you have more control in an emergency and help you feel less stressed.

- ❖ **Make a plan.** Talk to others about being prepared. If you are exposed to someone who is infected, you may need to go into self isolation or

quarantine. Choose a place to go, who you would call, or what you would do. Make sure to talk about what you should do if you are at school or at work.

- ❖ **Have an emergency supply kit.** If you end up needing to self isolate or quarantine, you may not be able to leave your home. Work to put together a supply kit for such emergencies. Some things to have on hand include water and non-perishable foods such as crackers, peanut butter, and canned food (soup, fruit, veggies, etc.). Make sure to have a battery-powered radio, flashlights, and extra batteries on hand. A first-aid kit, facial tissue, and toilet paper are good things to consider packing. Lanterns (lamp oil) or candles for light are good things to have, too. Also, don't forget about your family pet. Pack extra water and food for your four-legged friends.

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.



** Veretis provides mental health and counselling support. The general information provided is in regard to how best to look after yourself mentally. It does not provide the reader with specific direction, advice, or recommendations. For medical advice please consult a medical health provider and government policies.

Additional Information retrieved from: U.S. Centers for Disease Control and Prevention, BAM! Body and Mind. (Updated 2015, May 9). *News you can use*. Retrieved March 18, 2020, from <https://www.cdc.gov>