

MANAGING YOUR STRESS

How you can help yourself:

If you have been affected by a major event, there are several things you can do to enhance your ability to cope. Even if you feel unmotivated and apathetic, try to do some of the things below. They will help you to come to have a less intense reaction to the stress of the event and an improved ability to manage problems.

ACTIONS TO TAKE

TALK IT OUT – Share it with someone else. Others will welcome your trust

WRITE IT OUT – Put it on paper. It's easier to see it in perspective

SHRUG IT OFF – Raise your shoulders then drop them. Relax your whole body

BREATHE IT AWAY – Inhale deeply, exhale heavily a few times. Calm your thoughts

SORT IT OUT – List practical options. Weigh, decide then ACT

DELAY IT – Fix a 15 minute worry session and put it aside until then

WORK IT OFF – Consider taking an opposite approach. Explore alternative angles

EXERCISE – Regular exercise is essential. Releases endorphins

ACTIONS TO AVOID

STIMULATING YOUR NERVES – Cut down on coffee, tea, cola drinks, sugar and chocolate

RUSHING YOUR DAY – Get up 15 minutes earlier and start the day calmly

HOLDING YOUR WORRIES INSIDE – Talk it out with a friend, or put them down on paper

BURDENING YOURSELF – Avoid negative people and places. Stress is 'infectious'

FOGGING YOUR BRAIN – Cut with smoking, excessive eating and alcohol

LYING AWAKE AT NIGHT – Try a warm milk drink and have about 7-8 hours sleep

OVERLOADING YOURSELF – Lessen the unnecessary in your life (saying 'NO' can help)

SCATTERING YOUR ENERGIES – Concentrate on the possible, doing one thing at a time

BEING ABSENT – MINDED – Try to be HERE NOW, live in the present, enjoy each moment

BECOMMING TO UNAWARE – Surround yourself with joyful colours, sounds and smells

CARRYING UNNECESSARY TENSION – Learn to relax your body and mind at will

When to get further help

Following a potentially traumatic event the majority of people will not need professional help. However, it may be necessary to seek further assistance if initial distress has not reduced after two weeks: if you feel highly anxious or distressed; if your reactions to the event are interfering with home, work or relationships.

Should you need immediate support please contact Lifeline on 13-11-14. Lifeline is a confidential telephone crisis support service available 24/7 from a landline, payphone or mobile. Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline.

If you've been involved in a major incident at an outriggering event and would like to discuss face-to-face support options please reach out to members of the management committee, details listed at <https://aocra.com.au/>, who will refer you to an appropriate support provider.