



Equipping Individuals, Leaders,
& Organizations facing Challenge & Change

Practical Care Tips For Responders in Disasters:

- 10 minute break several times a day doing something different than standard response responsibilities
 - Admin work moves to hands on care
 - Hands on responsibilities moves to admin tasks
 - Rest in a chair with eyes closed, regulated breathing, and feet flat on the floor
 - Time outside if possible and safe
 - Social engagement or community conversations
- Take several short periods of time with mobile/computer notifications off
- Hydrate/ Eat whole foods/ Minimize quick energy boosters
- Maintain community and social supports
- Utilize previously beneficial coping mechanisms if possible
- Practice physiological self-awareness and utilize grounding techniques
- Conserve energy – marathon, not sprint