



# RESILIENCE

## Ohio CareLine 800-720-9616

Make sure self care is a priority. Utilizing some of the following could help alleviate stress & build resilience.

Know your personal signs of stress & monitor yourself.

Maintain reasonable expectations of yourself...remember that you are human

Pace yourself... take breaks to be able to function at your best

Use humor to reduce the stress when it is appropriate.

Get physical exercise as you can.

Practice mindfulness to be focused in the present, meditation, deep breathing, ect.

Get adequate sleep & rest.

Limit exposure to media coverage.

Try to have a mental break when not working.

Maintain contact with your family/ friends on a regular basis.

Source: International Critical Incident Stress Foundation

If you feel overwhelmed, reach out for help.

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Crisis Text-Line Text 4Hope to 741741

Maumee Valley Guidance Center

800-569-3980

Four County Crisis Line

800-468-4357