



HOW ARE YOU DOING?

Emergency responses can be both a fulfilling experience and draining to one's mental health. When working under fast-paced and high stress situations, it can be easy to overlook your own wellbeing. It is important to slow down and check-in with yourself. This document provides helpful resources to maintain and improve wellbeing during a response.

SELF CHECK-IN TOOLS

- [Mental Health Continuum](#)
The Working Mind
- [How to Track Your Stress](#)
HealthLink BC

NEEDING HELP WITH STRESS?

- [Self Management in the Moment](#)
Centre for Addiction and Mental Health
- [Disaster Responder Stress Management](#) Substance Abuse and Mental Health Services Administration
- [Building Resilience](#)
Centre for Addiction and Mental Health
- [Coping and Self-care](#)
Lifelines Scotland
- [Take 15 Minutes Just for You](#)
Canadian Mental Health Association

HAVING TROUBLE SLEEPING?

- [Calm App](#) (Paid subscription)
- [Getting a Good Night's Sleep](#)
Here to Help
- [How to Fall Asleep Fast in 10, 60, 120 seconds](#)
Healthline

TRYING TO STRIKE A HEALTHIER BALANCE?

- [Achieving Work-Life Balance](#)
Centre for Addiction and Mental Health
- [Staying Active When You Travel](#)
HealthLink BC

NEED IMMEDIATE SUPPORT?

- BC Mental Health Crisis Line - 310-6789
- KUU-US Crisis Line Society - 1-800-588-8717

NEED HELP GETTING THROUGH DIFFICULT DAYS?

- Learn how stress affects you. Everyone experiences stress differently.
- Pause and take a few deep breaths.
- Stay positive, remind yourself that you've been successful during busy times before.
- Talk with your team members to arrange short breaks ahead of time so you can refocus.
- Give yourself permission to relax at the end of the day. Exercise your personal boundaries if you feel you are being pulled back into work after hours or without sufficient time to rest.
- Be compassionate with yourself and make time for self-care.
- Connect with friends, family, and others during the day or evening .
- Utilize your time off by trying new things like exploring new restaurants or points of interest in the community.
- Talk with others about stress. This can normalize the experience, help you process your reactions, and give you a sense of connectedness.
- Eat something healthy, drink plenty of water, and avoid too much caffeine or alcohol.
- Fit movement or exercise into your routine to relieve stress and aid in better sleep if you find this to be disrupted.

Reach out and take advantage of psychosocial support services if you feel overwhelmed.

