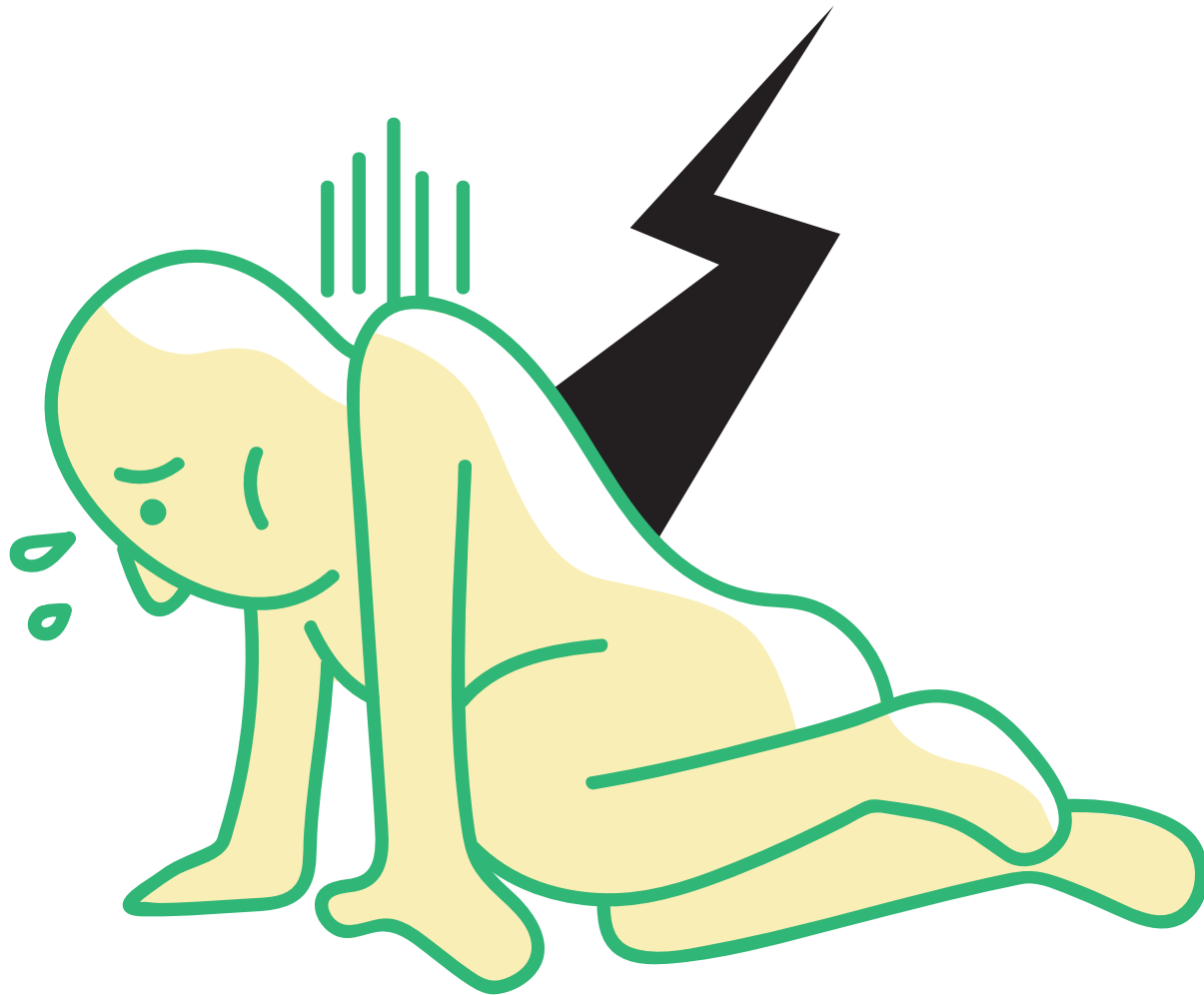


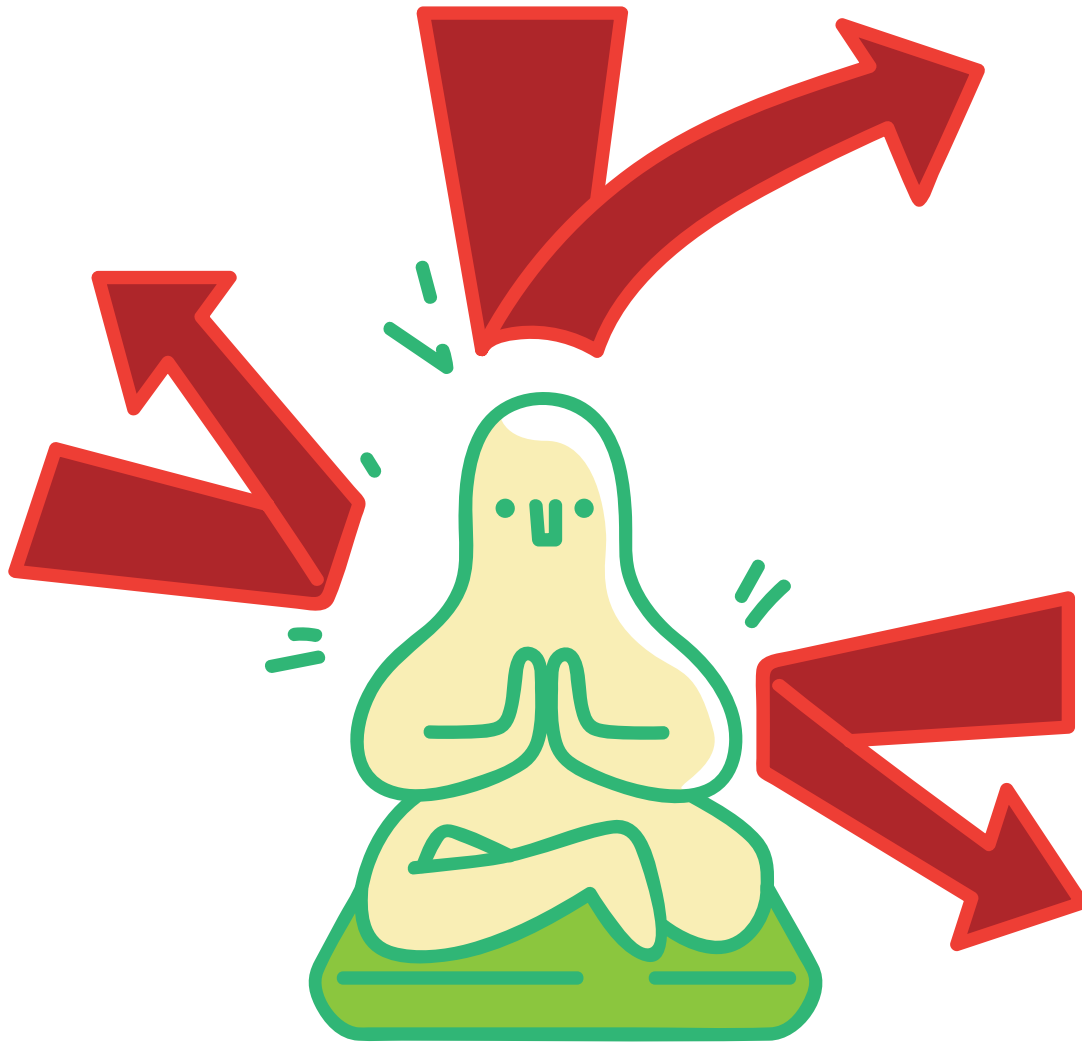


**COPE
Together**

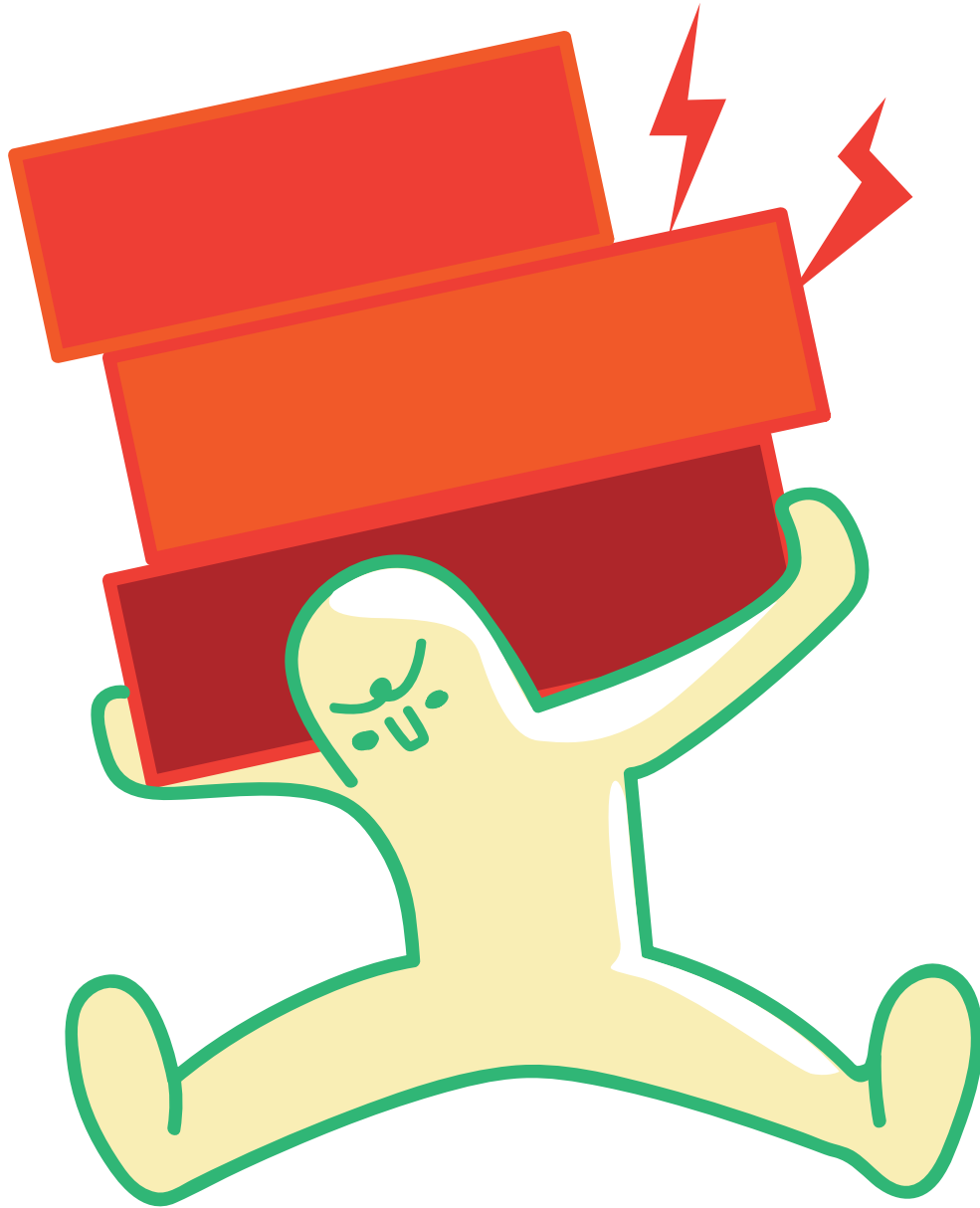
Take Care of Yourself in Critical Incidents



Experiencing or witnessing a critical incident can be distressing. It is understandable to feel emotional. Your sleep, eating, concentration and routines may be affected.



These responses are helping your body and mind cope with and make sense of the incident and its impacts. They are very normal.



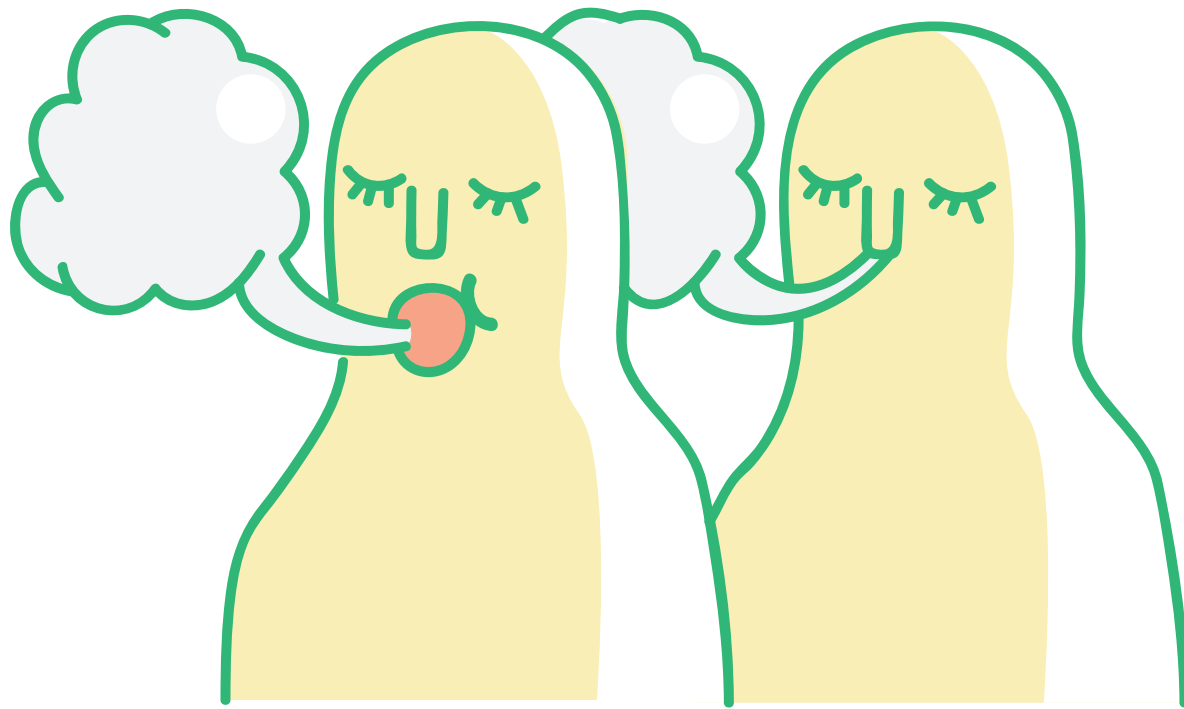
How to cope with acute stress?



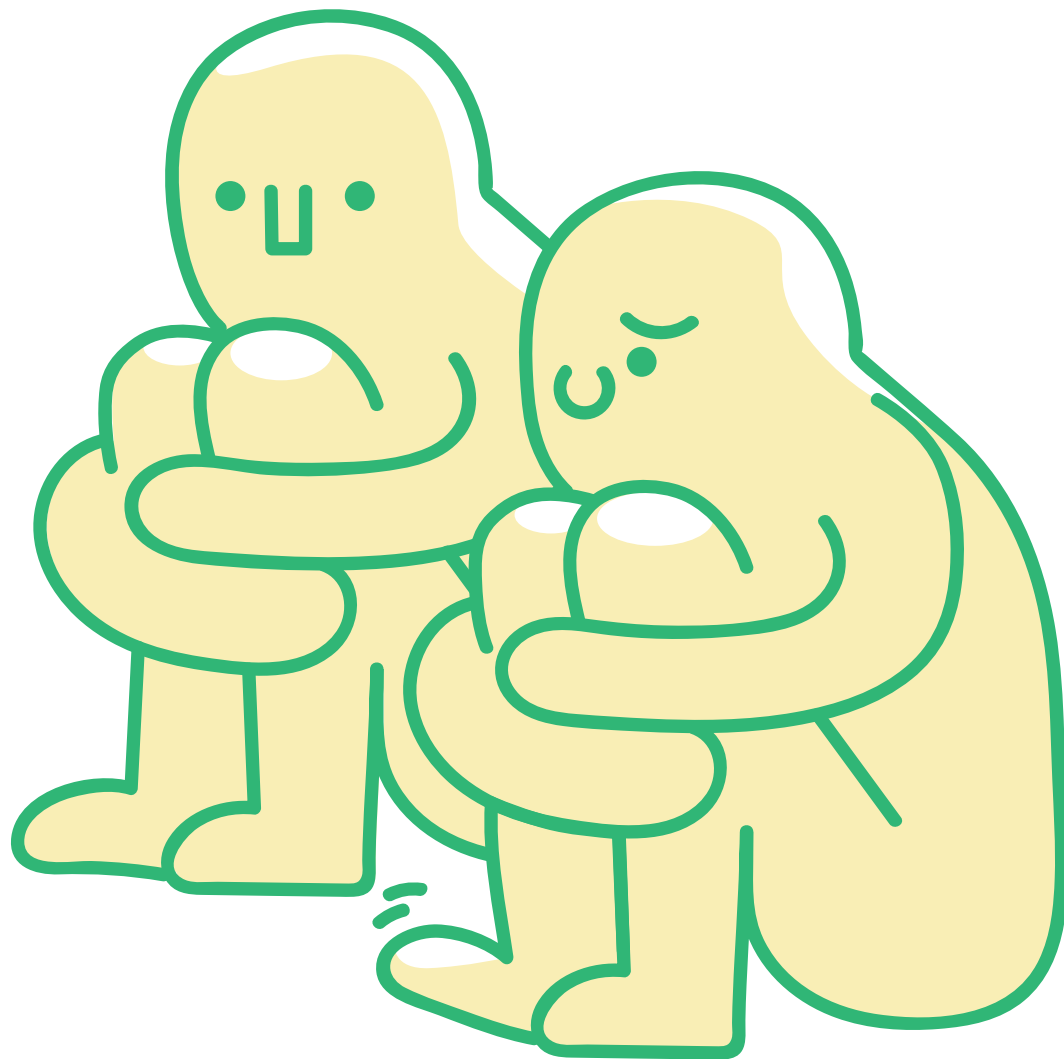
Take a break from things related to the incident from time to time.



Rest yourself in a comfortable place or position.



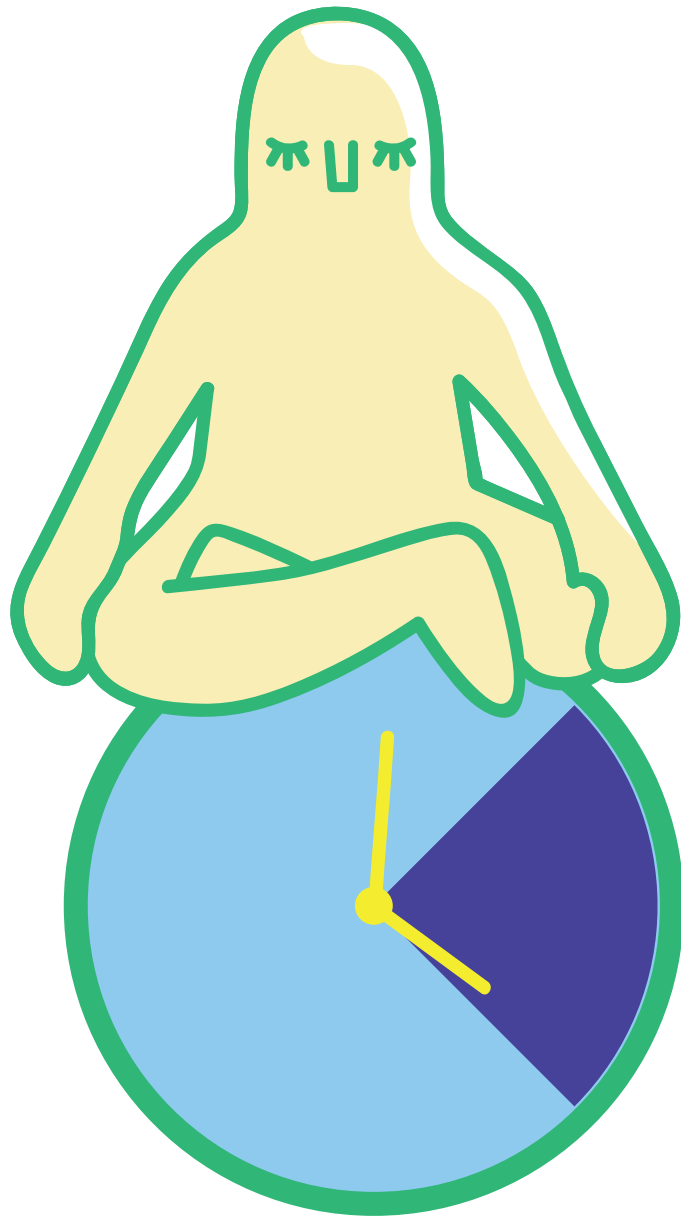
Relax your body and mind
with slow breathing,
stretching or meditation.



Talk to your friends or people who care about you. If you do not feel like talking, simply spend some time with them (silence is okay).



Write, draw or use other means to express yourself.



Give yourself time to process your emotions and thoughts.



If your distress persists for more than a month, seek professional advice (e.g. Counsellors or Clinical Psychologists at CEDARS-CoPE or Doctors).



Always be kind to yourself



cedars

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