

# TAKE CARE OF YOURSELF

Experiencing or witnessing the recent critical incident can be distressing. It is understandable that you may feel shocked, stressed, sad, exhausted, confused, angry, worried or numbed. Your sleep, eating, concentration and routines may be affected. Most of these responses are helping your body and mind to cope with and to make sense of the incident and its impact. They are very normal.

## Coping with Acute Stress

- Take a break from things related to the incident from time to time
- Rest yourself in a comfortable position or place
- Relax your body and mind through slow breathing, stretching or meditation
- Talk to friends or people who are supportive and care about you
- If you don't feel like talking, simply spend time with them (silence is okay)
- Write, draw or doodle to express yourself
- Give yourself time to process your emotions and thoughts.

**Respect differences and be kind to yourself and others.**

## CEDARS is here to support

Counsellors at CEDARS are ready to provide emotional and psychological support to you. Feel free to talk to us, please contact Counselling and Person Enrichment Section (CoPE). Confidentiality is ensured.

Hotlines operated by organizations in the community are also available for you to call/seek help.

# SUPPORTING YOUR FRIENDS/STUDENTS

## LISTEN AND RESPECT

- Try to find a quiet place to talk
- Respect privacy
- Keep an open mind and respect differences
- Do not go into the details unless they are ready to do so
- Try to understand the students' feelings and thoughts
- Acknowledge their strengths and what they have done to help themselves and others

## IDENTIFY PRACTICAL NEEDS

- Identify the students' concerns and worries (e.g. health, study, family etc.)
- Encourage students to take care of their safety and psychological health first
- Brainstorm possible options and do not give false promises
- Identify support persons/ services and help the student to connect with them if needed

## TAKE GOOD CARE OF YOURSELF

- If you feel stressed when supporting students:
  - take a break
  - know what you can or cannot do
  - seek support