

Self-Care During Emergencies

Self-care is not only important in your daily lives. When emergencies happen, this can be stressful and challenging. Managing stress daily can help strengthen resilience and help us cope in times of emergencies. Everyone responds to stress differently. Identifying your stress response and building a self-care plan can help when it comes to emergencies.

Self-care allows you to check in with yourself and see how you are doing and what your body needs

Self-Care Plan

Building a self-care plan may take some time but it can be helpful to your well-being. You can make as many changes to your self-care plan as you need.

Think about your current self-care plan and how your wellness strategies may change during an emergency.

Some practices for your self-care plans include:

- Your Emotional Stressors - Plans to overcome this include talking about your emotions, journaling, having a positive outlook, etc.
- Your Body Stressors - Plans to overcome this include going into nature, praying, connecting with your community, meditating, etc.
- Your Mind/Psychological Stressors - Plans to overcome this include journaling, therapy, meditation, self-reflection, etc.
- Your Spirit Stressors - Plans to overcome this include going into nature, praying, connecting with your community, meditating, etc.
- Your Professional Stressors - Plans to overcome this include taking your full lunch break, using your vacation days, etc.
- Your Home Stressors - Plans to overcome this include making goals, practicing hobbies, getting coffee/tea with friends, going on a date, etc.

Now, how would your plan change during an emergency? Think about how you can continue with your self-care plan and what may need to be changed. Also think about how it would change if you had to be evacuated from your home. What would this look like?



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Identify Supports and Social Network

Creating a positive social network can help with self-care and resilience during stressful times.

Social supports can come from family members, friends, neighbours, professionals, clubs and organizations, faith-based groups, and workplaces.

Name	Relation	Address/Phone

Make a self-care kit for your emergency kit

This will be a small kit that will fit inside of your emergency kit to help with self-care during an emergency or evacuation. Make sure to include a copy of your emergency self-care plan for you to reference.

Items to consider that help with grounding your senses include:

- Stress balls
- Fuzzy socks
- A stuffed animal
- Your favourite tea or snack
- Essential oils
- Your favourite book
- Photos of loved ones
- Colouring books
- Fidget toys



Even during emergencies, self-care can help to alleviate your stressors, take care of yourself, and allow you to be more resilient.

When using methods of self-care, try to use the methods that best help you. Some self-care methods could work well for some people, but may not have the same effect on you and your mental health.



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