

Looking after yourself through the impact of bushfires

Natural disasters such as bushfires have immediate and ongoing impacts on families and individuals. Even if not directly affected, seeing what has occurred in our local communities and our nation is causing feelings of shared grief and loss.

It takes time to process the affects of the bushfires and regain a sense of normality in our lives. Common trauma responses such as anxiety, anger, sleeping difficulties, or feelings of disbelief and helplessness, are some of the ways our minds and bodies try to process what has happened.

It is very easy to get caught up in worrying about things outside our control, and it's important to develop strategies to help us cope.

Some tips:

- Look after yourself by having enough sleep and eating a healthy diet
- Make time for pleasurable activities such as reading, listening to music, watching movies or favourite TV shows (not just news coverage), walking and exercising
- Try to keep a normal routine and structure your day
- Stay connected with people -share your feelings and concerns by talking to someone you trust. Lean on family and friends.
- Ask for professional support from your GP, psychologists and counsellors.
- Avoid the overuse of alcohol and/or other drugs to cope

Who can help?

Lifeline 13 11 14

beyondblue 1300 22 4636

MensLine Australia 1300 78 99 78

GriefLine 1300 845 745

Suicide Call Back Service
1300 659 467

Contact your GP for a referral
under Medicare

CCareline 131819
CatholicCare.org

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