



6 F's of Healthy Coping

These suggestions for wellbeing and healthy coping are from healthcare workers and public safety personnel who are part of teams throughout Saskatchewan. We're happy to share!

FAMILY & FRIENDS

- Surround yourself with people you trust and who care about you.
- They may not understand what you're going through so let them know what you need.
- Spare the details about an event, but share what it felt like to be there.
- Reassure them you are working on resolving this and they can help.

FITNESS

- Make physical activity a priority. It helps the body expend the chemical by-products of stress - reduces cortisol and elevates serotonin levels.
- Your body is recovering from a stressful experience too...treat it with care.
- Practice good sleep habits: avoid TV, phones and laptops before bedtime.

FOOD

- Stay hydrated with plenty of water.
- Refuel your body with healthy food
- If your appetite is diminished, eat snacks throughout the day to take care of your body as you return to regular routines again.
- Avoid alcohol, high sugar, high caffeine and other substances that may slow the process of recovery.

FILL YOUR CUP

- It's important to develop practices that calm your mind, body and emotions in times that are significantly stressful.
- Prayer or faith based practices can be very helpful as part of the healing process for people.
- Meditation and mindfulness can be really helpful in anchoring you in the present and calming your body and mind.
- Engage in daily practices to relax, restore and replenish your own soul. Do what helps you feel content and grounded again.

FAMILIAR THINGS

- Choose activities that bring you joy.
- Create a time and space for doing things that connect you with others.
- Do things with people who bring you happiness.
- Activities that are comforting and bring you a sense of balance will be beneficial at this time.

Understand that everyone heals in their own way and in their own time. Be kind and patient with yourself and others...allow yourself the time needed to recover. So much of what happens next is up to your own choices and within your control. Reach out for the support of others when you need it.

*Experiencing traumatic stress is never a sign of weakness.
Thank you all for the work you do to support us but more importantly, in the work you can do to support each other.*