

I

APPENDIX I. Reducing Stress and Renewing Energy

- › Take a walk or stretch.
- › Stop and breathe deeply for a few moments.
- › Talk to a trusted friend about your situation.
- › Eat nutritious foods (e.g., lean protein, whole grains, fruits, and vegetables) and avoid sugar, caffeine, and alcohol.
- › Take a hot bath.
- › Read a humorous or interesting book on a topic completely unrelated to what you are dealing with.
- › Sit in a dark room for a few minutes to help relieve headaches.
- › Get to sleep early, if possible.
- › Be patient with yourself.
- › Ask people who have been through a similar experience how they handled their stress.
- › Get a friend to partner with you for stress monitoring and reduction.
- › If you feel lonely or isolated, ask someone to go to dinner or a movie.
- › Meditate.
- › Exercise.
- › Spend some time with friends, family, and/or pets.

REFERENCE

Carter, N.C. (2001, draft). *Stress management handbook for disaster response and crisis response personnel*. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.