

WELLBEING

6 F's OF HEALTHY COPING

Family & Friends

- Surround yourself with people you trust and who care about you.
- Tell people what you need and how they can help - they may not understand what you're going through.
- Return to your regular routines - it helps speed up the recovery process
- Share your feelings, save the details - we discourage sharing the event details, rather share what it felt like.

Food

- Refuel your body with healthy food.
- Eat snacks throughout the day if you have diminished appetite – it's important to take care of your body until your appetite returns.
- Avoid alcohol, substances, high sugar and excessive caffeine - these substances can lead to unhealthy coping.
- Stay hydrated - drink water.

Familiar Things

- Do things that bring you joy - make space for doing things and connect with people that you've enjoyed in the past. Return to things that bring you comfort and balance in your life again.

Fitness

- Prioritize exercise – exercise helps to release chemical byproducts from stress reactions.
- A little exercise goes a long way - one of the best things you can do for yourself right now to reduce cortisol levels – your fight or flight hormone.
- A 30-45 minute walk, a workout, or anything else that increases your heart rate.
- Take good care of your body - it's recovering from this stressful situation too.
- Practice healthy sleep habits: avoid television, phones and laptops before bedtime.

Fill Your Cup

- Prioritize personal practices that calm your mind, body and emotions – this may include:
- Meditation, spiritual beliefs and practices, and/or journaling to support healing.
- Connect with your personal beliefs to help understand the impact this experience has had.
- Engage in daily practices to relax and replenish your soul - do what helps you feel grounded and content again.

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



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Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.