

BUILDING INNER STRENGTH



Connect

Connect with trusted family, friends, neighbors, nature, and pets.



Reflect

Reflect on life purpose and meaning.



Focus

Focus on things that you can control.



Renew

Renew your mind and body through meditation, prayer, mindfulness, deep breathing, yoga, tai chi, and stretching.



Continue

Continue moving forward and using strategies that are helpful. Keep trying!

TRY THESE TOOLS



Refuel

Eat well. Stay hydrated. Keep up good hygiene.



Engage

Connect with others. Move your body. Help someone. Exercise.



Rest

Get sufficient sleep. Unplug from media. Read uplifting books. Listen to inspiring music.



Write

List your next steps. Write what you are thankful for. Journal your thoughts and experiences.



Breathe

Inhale for 3 counts, hold for 3, exhale for 3. Take 3 normal breaths. Repeat.



More

Find more ideas at criticalincidentcare.com/self-help