

# Responder Self-Care Strategies

Being aware of your own stress and using coping strategies will help you stay well, and allow you to keep helping others.

## Help Yourself to Help Others

You play an important, but limited role; manage your expectations for larger change.

Limit working hours to scheduled shifts. Overextending yourself doesn't allow you to make your best contribution.

Getting adequate sleep and taking breaks is essential for your stress management. Your needs and well-being are as important as the needs of those you are helping.

You are not alone; you are part of a team. Seek support from your teammates and recognize your accomplishments.

Notice and accept how you feel; try not to judge your feelings. Use calming self-talk (e.g., "I can handle this," "One day at a time").

Maintain healthy boundaries. You can say "no" to requests and ask for what you need.

It's ok to not have all the answers. Have compassion for yourself; you're doing the best that you can.

Talk to someone you trust about your feelings or write them in a journal to help cope with this unique experience.

Practice deep breathing and use relaxation techniques to cope with stress.

Maintain a daily routine - healthy diet, exercise, hobbies, relaxing activities - avoid or limit caffeine and alcohol.

Responding to emergency situations can be rewarding and stressful. If you find yourself experiencing anxiety or distress, reach out and ask for support.

Adapted from: [CDC. \(2018\). \*Emergency Responders: Tips for taking care of yourself.\*](#)

## More Resources



<http://bit.ly/asylum-seeker-support-resources>



MHTTC

Mental Health Technology Transfer Center Network  
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