

#DONTJUSTPRAYITAWAY

Mental Health During A Crisis



Dr Danny Cheah

Child and Adolescent Psychiatrist

LOOKING AFTER YOUR MENTAL HEALTH DURING A CRISIS

SOME PRACTICAL TIPS

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PRACTICAL TIPS TO LOOK AFTER YOUR MENTAL HEALTH

1. STOP 
2. RELAX 
3. BE AWARE OF YOUR FEELINGS 
4. KEEP HEALTHY ROUTINES 
5. FOCUS ON THINGS YOU CAN CONTROL 
6. STAY CONNECTED 
7. CARE FOR OTHERS 
8. LOOK AT THE BIG PICTURE 

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1. STOP

This is the first step in managing stress and anxiety. Take a break from worry and rush. Pause for 10 minutes during the day to tune out of the problems around. Schedule time away regularly and make it a priority in the week.



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2. RELAX

Make use of your 5 senses to help you relax: sight, sound, touch, taste, smell. Pay attention to your surroundings and body. Some people enjoy listening to quiet music, while others might light a scented candle or soak in a bath.

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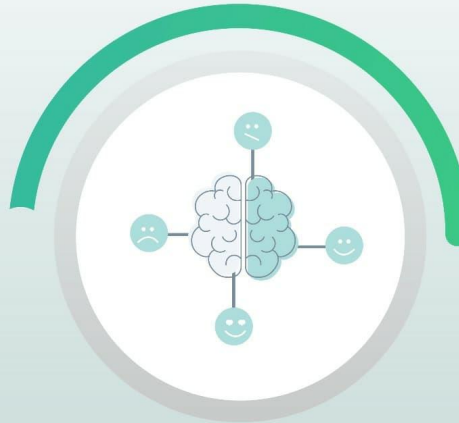


8. LOOK AT THE BIG PICTURE



3. BE AWARE OF YOUR FEELINGS

Notice the different feelings that you have, such as happiness, fear, sadness and anger. Learn to process these feelings by naming your feelings, writing them down, or talking to a trusted friend.



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4. KEEP HEALTHY ROUTINES

Follow a regular and consistent routine throughout your day and week, with a mix of enjoyable and productive activities. This includes sleep, exercise, eating and hobbies.

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6. STAY CONNECTED

Make an effort to stay connected with other people on a regular basis. Join a community or group even if you may not have the same hobbies or interest.

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7. CARE FOR OTHERS

Being kind to other people can help you take your focus away from your own problems. This will also help you to see things from a different perspective.



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8. LOOK AT THE BIG PICTURE

Recognise that the season that you are in will come and pass with time. Take the opportunity to learn as much as you can now. Stay hopeful about the future and the possibilities.

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