

Roller-Coaster of Emotions



There is no right or wrong way to react to sad news.

Just like the range of sudden and strong emotions (**excited**, **nervous**, **scared**, and **anxious**) you might experience on a roller-coaster ride, when a sudden or sad event happens, we can move from one feeling to another very quickly.

This may be what you are experiencing now.

There are times that you may be feeling **sad**, and other times you may feel **angry** or **worried**. These feelings can come over us like waves of emotions and this is normal.

Understanding Your Own Grief

Tonkin's theory of grief suggests that, over time, your grief will stay much the same, but your life will begin to grow around it. You will have new experiences, meet new people, and begin to find moments of enjoyment. Slowly these moments may grow more frequent and we learn to grow around our grief.



Tonkin's model of grief challenges the idea that 'time heals all wounds' or that grief disappears with time.

FURTHER HELP & SUPPORT



Steps to deal with stress

The Steps to deal with stress booklet provides tips and practical advice on coping with stress.



mind
www.mind.org.uk

family support NI.gov.uk
Helping You Find the Services You Need
www.familysupportni.gov.uk

Lifeline
0808 808 8000

MINDING YOUR HEAD
www.mindingyourhead.info

AWARE
OVERCOMING DEPRESSION. CHANGING LIVES.
www.aware-ni.org

shout
85258
here for you 24/7
To start a conversation, text the word 'SHOUT' to 85258.

The impact of a critical incident can affect staff in a variety of ways. It is important to look after yourself as well as those you are supporting.

Staff Self-care

Looking after yourself following a critical incident



It is natural to experience a range of emotions when something sudden and unexpected happens, such as a critical incident.

Looking after your own wellbeing will be important as you navigate your way through this sad time.

Your Support Network



When things are tough, it helps to talk to someone you can trust about how you are feeling.



Meet the EA Wellbeing Champions

Think about the people you have around you who can provide you with the support you need at this time.

Health Well



Healthwell Hub



Your Reactions & Emotions

You may be more impacted following a critical incident if:

- Someone has died
- You have no support network
- You are currently experiencing other stressful issues or events



It is normal for people to experience a range of heightened emotional reactions following a critical incident. These may include poor sleep, hyper vigilance, anger and tearfulness.

These strong emotions will fade over time.

If these emotions do not fade over time, or you feel that you cannot cope, you may wish to seek professional support

Putting Yourself First

Following a critical incident, it is natural to want to try and solve other people's problems, but you won't necessarily have all the answers and that's ok.

It is equally important to remember that this situation has affected the whole community in different ways. You may not feel confident or emotionally able to support others at this time. Someone else might be better placed to offer this support.

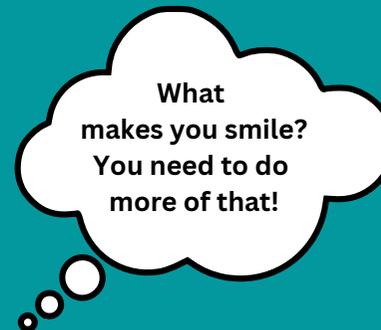
Identify your own support network and reach out to them when you need to.



**Self-care is really important!
Dedicate some time in the next 7 days to do the things that make you smile and light you up!**



Self Care Ideas



DOs & DON'Ts of Self-Care

Do:

- express and share your emotions and feelings with someone who cares
- accept support that is offered to you
- make time to reflect of your experience but be kind to yourself
- take the time to be with your family and friends
- try and tell your family, close friends and colleagues how you feel
- try to keep to your routines as much as possible
- look after yourself, eat well and exercise
- drive with greater care, your concentration may be impaired

Don't:

- bottle up your feelings, tell someone how you feel
- avoid talking about what happened
- isolate yourself, others may have had a similar experience and have wisdom they can share with you
- be too hard on yourself, give yourself a bit of 'slack' whilst you adjust to what has happened
- expect the memories to go away immediately, they may be with you for quite some time.



EA Self Care Webinar



INSPIRE

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