

*all
right?*

It's all right to
talk about it

0800 777 846

Free help is available via the
Earthquake Support Line.

allright.org.nz

Practical tips for coping with a disaster

Going through a disaster takes a toll on all of us and coping is not always easy. Good mental health helps us carry on and deal with all that life throws at us. Here are five tips to help you look after yourself and those around you...

1. Pace yourself and focus on the things that are most important to you. For example, relationships, family/whānau and your health.
2. Take time to think about your energy levels. If you are feeling tired or stressed, consider ways you can recharge your batteries. Things like doing some exercise or listening to music can help pick you up – just think about what makes you feel good.
3. Try to focus on the things that you can control at the moment. It's ok to acknowledge things that are beyond your control, but focusing on them too much can simply leave you feeling overwhelmed.
4. Routines can help us deal with uncertainty and constant change, so try to maintain your daily or weekly routine (if you can). If you can't, create a temporary one, for example, dinner around the camp table at a particular time each day.
5. It's ok to talk about what has happened and how you are coping. If you are around children or vulnerable people, try to remain calm and positive as they will take their lead from you.

*Ka pakeke te haere,
kaua e hemo*

Things may be difficult
but don't give up.

*He moana pukepuke
e ekengia te waka*

A choppy sea can be navigated
– hang in there

Remember it is
all right to reach out
for extra support.

You are not alone.

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