

TAKE CARE
OF YOUR
AND OTHER'S

MENTAL HEALTH AFTER BUSHFIRES

ACKNOWLEDGE YOUR STRESS

It is **NORMAL** and common to be stressed when there are bushfires. For most, this will fade with time.

SOME THINGS YOU CAN DO

- 1 Be patient with yourself
- 2 Spend time with others
- 3 Focus on your strengths
- 4 Take time out if you're angry
- 5 Remember what's important
- 6 Manage self-critical thoughts

KNOW WHEN TO GET HELP

Are you feeling overwhelmed?
Are your loved ones concerned about you?
Are you finding it hard to make decisions?
Are you unable to do your usual activities?

Help is available. Talk to your GP,
or contact Lifeline www.lifeline.org.au