

# Christchurch Earthquake

## Taking care of yourself

### **Routines** *'Familiarity is comforting'*

Keep up normal activities  
Treasure familiar things

### **Stay connected** *'We need each other'*

Stay in touch with family and friends  
Take moments to give others your full attention  
Listen and answer children's questions simply  
Be brave for each other  
Ask for and accept help

### **Save your energy** *'Keep it for important things'*

Lower expectations of yourself and others  
Take breaks and lighten your workload  
Be tolerant of yourself and others  
Lots of things can wait  
Children may act younger - that's ok for a while

### **Lifestyle** *'Balance is healthy'*

Stay active e.g. go for a walk  
Relax - take a break  
Limit alcohol  
Try to get enough sleep  
Try to eat well  
Do something nice for yourself

### **Safety** *'Protect yourself in every way'*

Limit exposure to earthquake news e.g. TV  
You are not helpless - remember the things you do well  
Take care of your spiritual and emotional health  
It is ok to be emotional

For extra support contact your GP, or phone 0800 777 846, or go to  
[www.canterburyearthquake.org.nz](http://www.canterburyearthquake.org.nz)