

## SECONDARY STUDENT SELF-CARE

### Taking Care of Yourself

It is important for each of you to take care of yourself and each other during this very difficult time.

#### Be Aware That:

- It is common to have feelings such as: shock, sadness, anger, guilt, fear.
- You might experience nightmares, irritability, stomach aches, loss of appetite, fatigue.
- You may want to talk about this a lot, you may not.
- You may remember other losses or difficult times in your life and some of the feelings may return.
- Grief is different for everyone. It is okay for it to take a long time or a short time.
- It is okay for friends and family to see that you are struggling to deal with this loss.
- Drugs and alcohol can intensify feelings and make it more difficult for you to cope.

#### Know What Helps:

- Look after yourself. Drink lots of water, eat healthy food, and get as much sleep as you need.
- Connect with the people who are the “rocks” in your life (family members, friends).
- It’s also okay to spend time alone, if that is what helps.
- Make time for activities that help when you are troubled or stressed: journaling, reading, hanging out with friends, playing sports, listening to music.
- Trust yourself. We generally know what we need to do to take care of ourselves; we just don’t always do it.

#### Seek Help If Needed:

- You can get more help from:
  - School Counsellors
  - Living and Learning Through Loss: 250 413-3114
  - Need Crisis Line 250 386-6323
  - Community Counsellors

THIS IS A TIME TO LOOK AFTER YOURSELF AND EACH OTHER.

