



# HEALTHY THINKING

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- It is okay to let myself feel distressed for a while.
- I am not helpless. I will take the steps needed to get through this crisis.
- This too shall pass and my life will be better.
- I can stay calm when talking to difficult people.
- I know I will be okay no matter what happens.
- Although there are things we can't control, we can control our thoughts, feelings and behaviors.
- I can stand anything for a while.
- I deserve love.
- I can manage.
- Everyone is entitled to their own opinion.
- Others are not perfect, and I won't put pressure on myself by expecting them to be.
- I feel better when I don't make assumptions about the thoughts or behaviors of others.
- I'm allowed to enjoy myself, even when life is hard.
- I will enjoy myself while catching up on all I want to accomplish.
- I am respectful to others and deserve to be respected in return.
- There are no failures, only different degrees of success.
- I am a loving person.



# COPING STRATEGIES

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- Periods of strenuous physical exercise, alternated with relaxation will alleviate some of the physical reactions.
- Structure your time -- keep busy. Maintain your routine as much as possible.
- You're normal and having normal reactions - don't label yourself crazy.
- Talk to people - talk is the most healing medicine.
- Be aware of numbing the pain with overuse of drugs or alcohol. You don't need to complicate this with a substance abuse problem.
- Reach out - people do care.
- Maintain as normal a schedule as possible.
- Spend time with others.
- Help your co-workers as much as possible by sharing feelings and checking out how they're doing.
- Give yourself permission to feel rotten and share your feelings with others.
- Keep a journal: Write your way through those sleepless hours.
- Do things that feel good to you.
- Realize those around you are under stress.
- Don't make any big life changes.
- Do make as many daily decisions as possible that will maintain your feeling of control over your life, i.e., if someone asks if you want to eat, answer them even if you're not sure.
- Get plenty of rest.
- Reoccurring thoughts, dreams or flashbacks are normal - don't try to fight them--they'll decrease over time and become less painful.
- Eat well-balanced and regular meals (even if you don't feel like it).