

Irish Red Cross develops, supports and facilitates Critical Incident Stress Management for



10 tips for dealing with stress...

- 1. Make time for yourself ...
- 2. Get a good night's sleep.
- 3. Try to get a little exercise every day.
- 4. Take the time to enjoy your meals.
- Don't try to do everything at once, learn to prioritise.
- 6. Talk to somebody you trust.
- 7. Have some fun, do something different!
- 8. Write down how you're feeling.
- 9. Learn to say 'no' and to delegate.
- 10. Tell a joke, get a good laugh.

LINKS www.redcross.ie www.cismnetworkireland.ie www.ifrc.org/psychosocial Director
Clinical
Psychologist

CISM
Structure

National
Coordinator
CISM

Stress
Awareness
Program