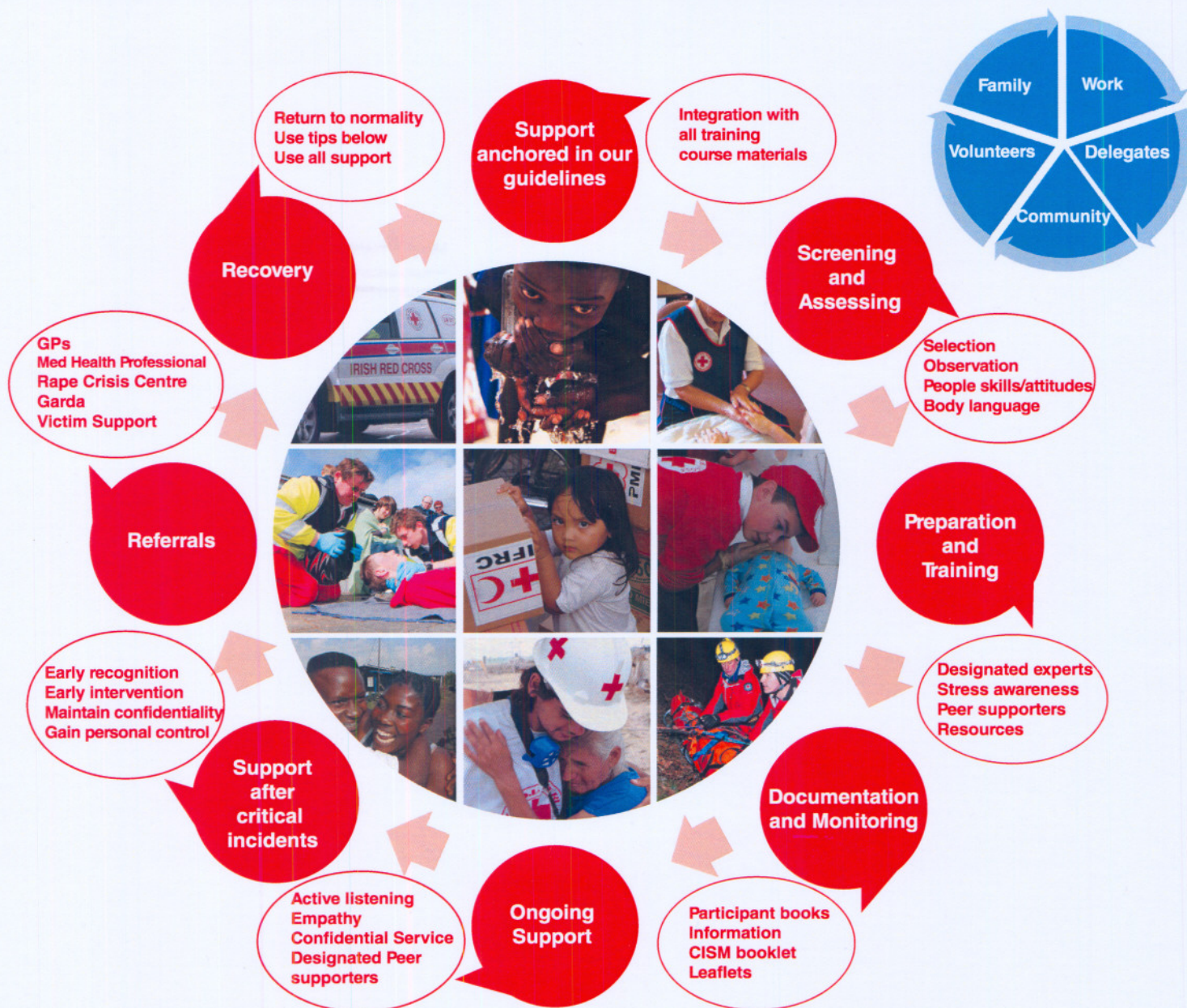


Irish Red Cross Crois Dhearg na hÉireann



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.
5. 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

