Caring for Yourself during Emergencies (of Short Deployment)

Field deployment can be overwhelming. Our challenge as UNDAC/OCHA is to maintain our resilience, so that we can keep doing the work with care, energy and compassion.
Basic Needs

• Eat balanced meals.
• Drink enough water throughout the day.
• Get enough sleep.
• Do some light exercise and/or stretching.
Psychological Needs

• Stay in contact with important people in your life.
• Talk about your thoughts/feelings to someone you trust.
• Make time for reflection, meditate or pray.
• Be positive. Focus on solutions rather than problems.
Work-Related Needs

- Develop rituals that help you switch as you start and stop work.
- If the workload is overwhelming, break it down into achievable tasks.
- Accept that you will most likely never achieve enough, but it might be good enough.
- Focus on what you did well.

For more information, visit our website: www.healthyfieldworker.org