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** with someone you trust.
• Make time for **reflection, meditation or prayer**.
• 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.