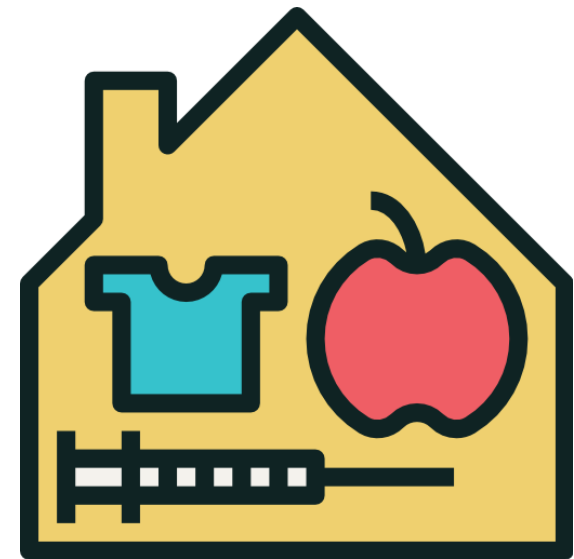


Caring for Yourself During Emergencies (of Short Deployment)

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](#).

