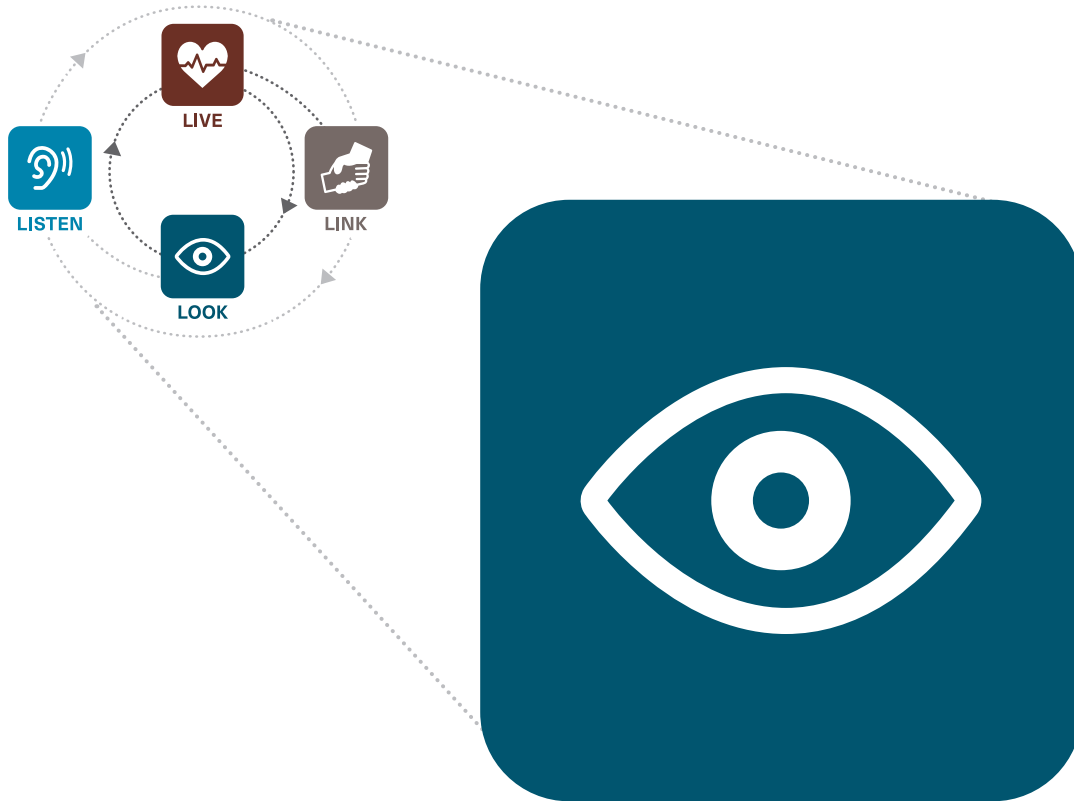


Look, Listen, Link and Live

Learn the cycle to keep you safe.



LOOK for common signs that indicate stress:

- Physical (stomach ache, tiredness)
- Mental (difficulty concentrating)
- Emotional (anxiety)
- Spiritual (loss of faith)
- Behavioural (recklessness, increased use of alcohol or drugs)
- Interpersonal (withdrawn or in conflict with others)

Red Cross Psychological First Aid training gives you the tools to recognize signs of stress, trauma, and grief in yourself and others, and coping strategies to respond effectively to stressful situations.

Visit redcross.ca/findacourse to register for training.



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LISTEN to how you are feeling:

- Are you tired even though you've had enough sleep?
- Do you feel increasingly critical, cynical or disengaged?
- Acknowledge your feelings and make no assumptions.

LISTEN to how others are feeling:

- Be present, calm and respectful.
- Be compassionate.
- Empathize.
- Leave space for silence.

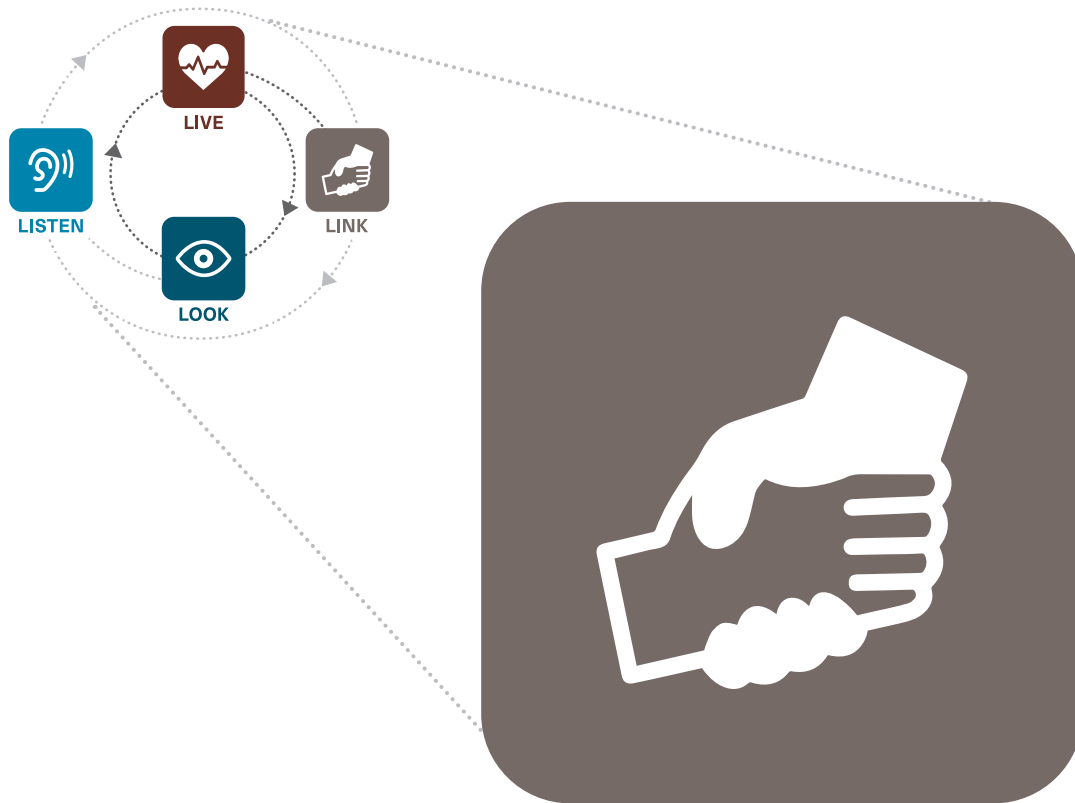
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LINK to the support systems in place to help cope with stress.

- **Self:** Actions you do individually to cope with stress (go for a run or listen to music).
- **Relationships:** Healthy relationships with family, friends, Elders and/or colleagues (a mentor).
- **Community:** Neighbourhood, club, workplace, or volunteer organizations.
- **Culture and Society:** Cultural traditions or religion and societal systems in place to protect you.

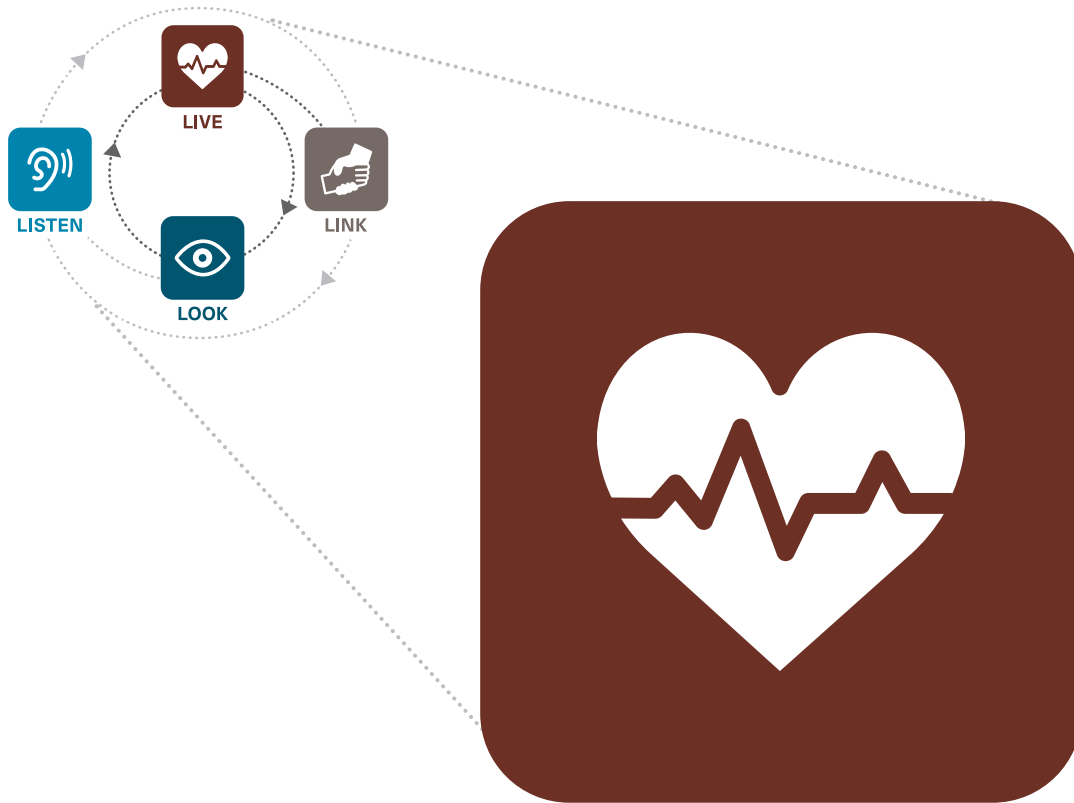
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LIVE with coping strategies in place so you can continue living!

Strategies include:

- Taking breaks.
- Developing realistic work expectations.
- Listening to and supporting your team.
- Maintaining healthy habits (eating, sleeping, exercising).
- Practicing stress management techniques (breathing or mindfulness).
- Maintaining healthy relationships.
- Asking for help if you need it.

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