

Looking after yourself in dry times



the power of humanity

Living in dry times is tough and it is normal to feel stressed. Everyone manages stress differently and it is important to look after your wellbeing!



IDENTIFY THE SIGNS

- Give yourself space and time to respect emotions, try to accept that living in drought is tough
- Check in with yourself regularly around how you are feeling (refer to typical reactions sheet)
- Have visual wellbeing check-in reminders or set trigger points for when you know you need to take more care of yourself

SIMPLE (BUT IMPORTANT!) TIPS

- Do things that you enjoy, pleasure and leisure reduces stress
- Take time to wind down before bed to help you sleep
- Build in daily routine to try and avoid uncertainty
- exercise, eat well and sleep
- Make time to be together with family and friends

START TO SLOW THINGS DOWN

- Assess your energy levels
- Find people to talk to, connecting and unloading can diffuse stress
- Focus on what you can control, not what you can't
- Avoid making big decisions until you feel able to but maintain control with small decisions

For more information on Red Cross' work contact contactus@redcross.org.au

- Lifeline: 13 11 14 and [toolkit](#)
- Beyond blue: 1300 224 636
- Kids Helpline: 1800 551 800
- FarmHub farmhub.org.au
- Red Cross' [supporting children booklet](#)
- Red Cross: [Coping with a personal crisis booklet](#)