

**IN AN EMERGENCY:**

**during your shift**

*If you don't take care of yourself  
You won't be able to help others.*

- Know when your shift starts and ends
- Know who's in charge
- Check in with yourself several times during your shift  
*How am I doing? What do I need?*
- Take 5 minutes alone or with a colleague
- Get up, stretch and take a deep breath
- Drink water, water, water
- Take washroom breaks!
- Fuel yourself – eat healthy
- Talk clearly and calmly
- Take time to listen
- Address issues when they arise
- Remember to smile
- Ask for help if you need it

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**IN AN EMERGENCY:**

**after your shift**

- Know who your emergency contact is
- Get together with colleagues
- Find some way to connect
- Get some sleep
- Get some exercise – walk, swim, run
- Fuel yourself – eat healthy
- Phone family and friends
- Do what is relaxing for you
- Talking helps

*If you've had a bad day –  
Remember you've made a difference!*

For additional assistance please contact:  
The Salvation Army  
**EMERGENCY DISASTER SERVICES**  
2 Overlea Blvd, Toronto ON M4H 1P4  
416-422-6199  
eds@salvationarmy.ca

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