

# Employee Support for Community Recovery Workers

## Emotional self-care whilst engaging in Community Recovery work

- Get adequate sleep
- Eat regular nutritious meals
- Use exercise and relaxation techniques to reduce tension in the body
- Maintain contact with family/friends where possible
- Talk to your team leader if you have specific concerns

Generally emotional reactions arising from community recovery work subside as time goes by and people resume normal functioning at home and work. It is important to be aware of **normal** reactions to distressing situations for example:

- Physical responses (sleep disturbance, rapid heartbeat, headaches, muscle aches, dizziness, gastrointestinal disturbance, sweating or chills, fatigue)
- Cognitive (or thought) responses (difficulty making decisions, concentrating or solving problems, poor memory, vivid dreams, continually thinking about the distressing situation)
- Emotional responses (anxiety, guilt, grief, sadness, irritability, anger, feeling numb, being easily startled, feeling relief the disaster didn't happen in your community)

## Upon your return from Community Recovery work

- Get adequate rest before returning to regular work
- Eat well balanced meals at regular times
- Keep physically active
- Access your normal social support network
- Avoid excessive use of alcohol or other drugs

## It is important to be aware of when you should seek help

- If you would like information and reassurance about any reactions you may be experiencing
- If you are feeling overwhelmed by your emotions or are experiencing intrusive thoughts or images related to your experience
- If you are experiencing ongoing sleep disturbance
- If your responses to the event are affecting your ability to work or your relationships

Confidential counselling is available to all deployed Ready Reserves 24 hrs. a day, 7 days a week by contacting their home agency employee assistance provider, on **1300 360 364**.