

Sample Helpful Tips for School District/School Incident Command Team Members and Other School Staff

- Take time to relax and do things you enjoy. Getting away for a few hours with close friends may be helpful. If friends are not available, still get away. Go for a walk, see a movie, etc.
- Stick with your regular routine; avoid making changes for at least three weeks.
- Get regular exercise or participate in a regular sport; activity soothes anxiety and helps you relax by burning off excessive adrenaline.
- Keep your days as simple as possible; do not take on any extra responsibilities or new projects.
- Talk with friends or close family members about how you are feeling.
- Seek assistance with your workload. Have volunteers help with non-instructional tasks and other time-consuming responsibilities. Adjust your schedule.
- If symptoms of stress persist more than a few weeks or become severe, seek professional help.