

## **CISM Blitz: March 30-April 5**

Content from the ICISF and Patty Steward McCord of the Sask CISM Network

Critical Incident Stress can have physical, cognitive, emotional, and behavioral signs... that's OK, you are human and normal!

What can you do to take care of yourself so you can keep doing the amazing work you do?

### **The F's! Get creative and be dedicated.**

**Family and Friends-** set aside some protected time, keep in touch with loved ones and friends. We have amazing tech these days... lets use it!

**Fitness-** many gyms have an at home workout section you can do with limited equipment. See what your local gym is offering. There are many on line yoga options for free. (I have a favorite if you want to message me) Its almost spring...go outside!

**Food-** protected meal /prep times so you actually eat and visit with your family

**Fun-** tricky with social distancing but be creative within your own family. Make a fun plan!

**Faith-** check out what your local place of worship is offering in terms of virtual services

**saFeguard-** you can only take so much! Have protected time for no email, no news or media, no phone. Ensure you are getting sleep.

Share with your colleagues your creative F's as these are tricky during a pandemic!

As most of you know I cross fit...I miss my barbell oh sooo much. However my gym has put together at home workouts anyone can do and I have started a 14day yoga challenge. Which has been amazing for stress and sleep. I challenge you to find your 20 min of daily fitness.

Stay Well team!  
Krista Wempe

As always you can contact your trisite ED CISM team for further support and resources. ( [Tyler.pope@saskhealthauthority.ca](mailto:Tyler.pope@saskhealthauthority.ca) or myself [kristawempe@hotmail.com](mailto:kristawempe@hotmail.com) my cell 306-280-7848)

