SERVICE CHILDREN'S EDUCATION
is a MOD Agency dedicated to the education
of the children of Service Families
and associated civilians

PERSONAL CARE

DURING DEPLOYMENT

At times of heightened tension or continuing stress, it is vital you look after yourself. During these times people often feel they have to cope with whatever comes up and consequently take on extra burdens. Unfortunately this can lead to physical fatigue, emotional exhaustion and ultimately depression or illness. The principal message therefore, at these times is that you have to **look after yourself.**

HOW TO LOOK AFTER YOURSELF

- Keep your life as normal as possible (leisure activities, sports etc).
- Make sure you eat well, sleep well and give yourself some breaks during the day.
- Prioritise and deal with what is really critical at work/home. (less important things can wait).
- Say ***No*** when you need to.
- Talk to a colleague, relative or friend about the pressures and how you are coping.
- Don't feel guilty about looking after yourself (otherwise you may make yourself ill).
- Be aware of your own limitations and recognise when you need a break.
- Drive carefully (accidents are more likely during times of stress).
- Keep an eye on your colleagues/friends and seek help if you feel they are overburdened.
- If you feel overburdened, don't be afraid to seek help for yourself.

SOME SIGNS TO LOOK OUT FOR

irritability change of appetite stomach upset
hyper (rushing around) short tempered
loss of energy withdrawal
confused thinking restlessness
unable to make decisions
nervousness lack of sleep

REMEMBER: **Look after yourself** **Look after your colleagues**

Look after your friends

See **'Peer Support Training'** available at your local PDC