



Slow and Steady in Recovery

Tips for Navigating the One-Year Mark

As the one-year mark of the emergency approaches, reminders of the devastation caused by the event, along with the losses, grief, and trauma experienced during the evacuation may be present. It's important to remember that there is no right way to acknowledge this day, and everyone around you may have different feelings and choose different approaches than you. Some people will want to remember, while others will hope to forget. Try to manage the expectations you have for yourself or others during this time. As you and your loved ones work through this step to recovery, below are some tips to consider during the process.

- Remember to take care of yourself. Being able to do things you enjoy can help you to maintain a balance with the sadness and the difficult, stressful emotions of the day.
- Remember that all feelings are expected and valid. Sadness and happiness can exist at the same time.

- Listen to your body. When you feel tired, find a comfortable place to rest. This might be at home or in another restful place outdoors.
- Talk to your children about their feelings and be present with them.
- If you find you're really struggling, please connect with your doctor, public health nurse or local agency for more support. **If you or someone close to you is in crisis, please contact 911 or 988 for immediate support.**

More helpful resources are available at
www.redcross.ca/coping-with-crisis.