



# COMMUNICATE CARE CONNECT

Self Care Tips for those involved in a critical incident

## CONNECTIONS

Seek connections with those who offer empathy and support  
Be open and honest about your feelings and emotions  
Ask for help if you need it



## ALCOHOL & OTHERS DRUGS

During stressful times be mindful of using alcohol or other substances as a coping mechanism  
They can have a negative impact on emotions, mood, sleep, and relationships



## PHYSICAL ACTIVITY

Exercise helps relieve tension and stress  
Have a puck- or kick-about with team mates  
or go for a walk/run



## SLEEP, REST, AND REFUEL

A good night's rest enables the body and mind to refresh and renew  
7-9 hours sleep a night is recommended  
Build down time into stressful days and take time to eat (even though appetite may be reduced)



## MINDFUL MINUTE - DEEP BREATHING

If feeling overwhelmed or stressed try this:

- Take one VERY deep breath in through your nose
- Hold for 2-3 secs
- Slowly, exhale through your mouth for 8 secs
- Pause for 5-10 secs, breathing normally
- Repeat for 1 minute



If you feel you would benefit from talking to someone please call the GAA's official mental health partner's 24-7 All-Ireland helpline:

**SAMARITANS**

**FREEPHONE: 116 123**

For further information and supports:

REPUBLIC OF IRELAND VISIT:



Your Mental Health

NORTHERN IRELAND VISIT:



Minding Your Head