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EMPOWER

Empowering Persons with Disabilities
Through Effective Disaster Management



VODCAST 2

How to Take Care of My Psychological Health in Case of Possible Future Consequence

Summary

In this vodcast, psychologist Fevziye, from Turkey, talks about resilience and several points to keep in mind in order to strengthen our psychological tools in the face of possible future natural disasters.



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EMPOWER PROJECT

Empowering people with disabilities through effective disaster management

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VODCAST: How to Take Care of My Psychological Health in Case of Possible Future Consequence

Hello. My name is Fevziye Dolunay. I work at university as a psychological counselor.

I study about psychological first aid and psychological resilience.

Today I am going to talk about how caregivers can protect their psychological health after disasters.



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As you know, disasters have destructive effects on people who experience it.

After the disasters life becomes more difficult for disabled people as well as for caregivers.

In this context, I would like to mention all important issues that caregivers can develop

their psychological resilience. In literature,

some studies show that some stress reactions are observed in people who provide long-term care.

These reactions are known compression fatigue and burn-out.

in order to avoid these stress reactions it is important to create a self-care plan that covers all

physical, emotional, mental, spiritual and social areas of caregivers.

In this context, let's talk about what we can do for self-care

after a disaster. First point is raising awareness. Related to this point, we can suggest that

the caregiver should realize and understand their own needs.

Being aware of your needs, limitations, emotions and resources is important for coping with the situation.

Second point is receiving social support. Using social support resources

is an important part of self-care. Because social support prevents isolation and

increases hope in your life. As a third point, asking for help.

Asking for help is an important skill. At every stage of our life, you can ask a relative or a close friend

to help you relax for one hour a day. As the fourth point, it is the last one is balancing



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establishing a balance between work, entertainment and resting activities
and maintaining this balance is an important point in your self care plan.

It might be difficult to maintain balance at times but it would be a therapeutic and
healing effect on you.

For this reason, I will suggest some key issues to maintain this balance.

First of all, when you are not providing care, spend time with people who don't need
your care or help. Other one is you can try to find activities suitable

for your circumstances for relaxation. And also, you can try to engage in activities
such as listening to music, walking around or reading a book as conditions allows.

Also, you can provide regularly daily rest times maybe just two or five minutes in a
day.

Also, you can talk to your best friends about your fear, your anxiety, about future
opinions

or future plans. And for your stabilization you can do breathing exercises

two or three minutes a day. And, please ask yourself what did I do for myself lately?

And please do whatever you want to do.

Despite all, sometimes you feel tired and depressed and you can not cope with these
feelings

after the disasters. Please don't escape to get professional support during these hard
times.

I hope these suggestions will be helpful for you and thank you.

For more information, you can visit the website www.empowerpwd.eu



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