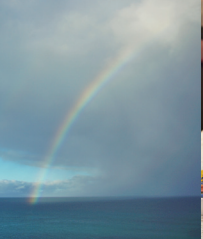


FAMILY NAME:

ADDRESS:

PHONE(S):

EMERGENCY CONTACT(S):




PREPARE NOW *Necessities. Organization. Wellness.*

Hawaii Department of Health
 Alcohol and Drug Abuse Division
 601 Kamokila Blvd. #360 Kapolei, HI 96707
 (808) 692-7506
health.hawaii.gov/substance-abuse

Funded by the Substance Abuse and Mental Health Services Administration through the Hawai'i Disaster Response State Grant.

PREPARING YOUR 'OHANA FOR EMERGENCIES

Emergency Family Information + Coping with Stress Pocket Book

5 TIPS

TO HELP WITH STRESS

- 1 BREATHE
- 2 RELEASE
- 3 VISUALIZE
- 4 MOVE
- 5 CONNECT

WANT TO TALK ABOUT IT?
1 (800) 753-6879



BREATHE

Focus on slowing your breathing to slow your heart rate during times of stress.

Inhale for 4 seconds, hold for 4, exhale for 4, hold for 4. Repeat until anxiety subsides.

RELEASE

Focus on releasing muscle tension to reduce feelings of anxiety.

Contract one muscle group at a time, starting with your head and ending at your toes.

Hold each for ten seconds, then release.

VISUALIZE

Let your mind take a mini vacation to help quiet your racing thoughts.

Close your eyes and envision your favorite calming place.

Think about the sights, sounds, smells, tastes and feelings you are experiencing.

MOVE

Do some movement you enjoy to let your body help calm your mind.

Gardening, swimming, walking, dancing, and playing with your child or pet are activities that can help reduce stress levels.

CONNECT

Take some time to build relationships with others.

Reach out to a friend, family member, or neighbor to talk when you need to. It's okay to be vulnerable and ask for support.

