

# Help for You as You Help Others

The responsibility of helping co-workers, employees and customers impacted by a crisis or emotional distress can make you feel overwhelmed or burned out. Even with the knowledge that you're doing important work to help others in a time of need, you may find it difficult to make time for yourself, and the emotional impact may not be immediately apparent. During these times, it's important to step back, assess your situation and to do a little soul-searching. Here are some tips for taking care of yourself while trying to be of help to others:

- **Balance your priorities.** Are you in the best position to provide physical and emotional support for your colleagues? Consider seeking outside help from friends, relatives or support groups.
- **Acknowledge your feelings.** Emotions left unresolved can cause conflicts and interfere with your ability to provide care. If, for example, you feel you need more help from other colleagues, talk to your manager or HR department and ask for it.
- **Stay in touch with relatives and friends.** Keep family members abreast of your feelings and concerns. Don't lose your link to the outside world.
- **Build in time for yourself.** When caring for others, you may find it difficult to stay positive and may begin to lack motivation and energy. Aim to eat well and get enough rest. Getting the appropriate nutrition and rest is even more important during times of stress.



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