



- **Eat well.**

Have regular, nutritious meals, avoid alcohol and excessive coffee and get sufficient sleep. This will boost your brain's troubleshooting ability.

- **Engage in low stress activities.**

Pace yourself between low and high-stress activities by doing the mundane, like folding clothes, making tea or walking the dog. These will soothe you.

- **Be in the moment.**

Don't catapult your imagination and thoughts too much into the future or the probable impending crisis. Rather, focus on the current situation.



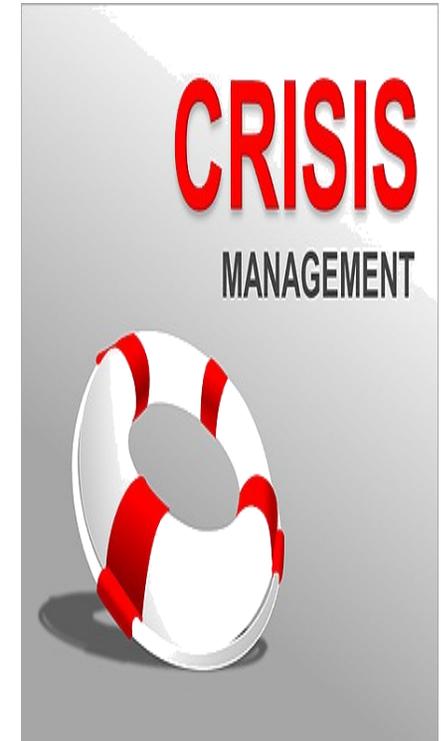
NIMHANS CENTRE FOR WELL BEING

1/B, 9th main, 1st phase, 1st stage,

BTM Layout, Bangalore– 560076

Ph– 080 26685948/ 9480829670

Email– nimhans.wellbeing@gmail.com



MANAGE YOUR CRISIS BETTER

What is a crisis?

Crisis refers not necessarily to a traumatic situation or an event, but to a person's reaction to an event.

What happens to our brains and bodies in an acute crisis situation?

Brain sounds an alert to the adrenal glands.



Adrenal glands pour out the major stress hormone- adrenaline



The heart rate is stepped up and as a result pulse begins to race, sending extra blood to the muscles and organs.

Oxygen rushes into the lungs and the brain, which helps in alerting us.

Adrenaline rush can also cause

- changes in visual perception
- increased pain tolerance
- weakness
- fine motor activity may be affected and you may not be great at activities such as- using your cell phone, writing with a pen, using scissors or a knife

How do some maintain calm in crisis while others can't?

Hans Selye, the father of stress research, observed that people develop patterns of response to stress that are as varied as the individuals. This is because we are all differently wired and our coping skills also vary.



Here are few ways to enhance your crisis management skill:

- **Preparedness is the key.**

Why do you think officers in the armed forces repeatedly do mock drills even in peacetime? It is to ensure preparedness when a crisis arises. Once a crisis sets in, problem solving may not be entirely rational. So be ready with a plan before a crisis strikes.

- **Have a strong support system.**

Don't be diffident to ask for help. Develop a supportive network in your neighborhood, your workplace and with friends to anchor yourself during a crisis.

- **Practice relaxation techniques.**

Deep breathing and gentle stretching are techniques that counter an adrenaline overdrive and help your body reach homeostasis (stability).