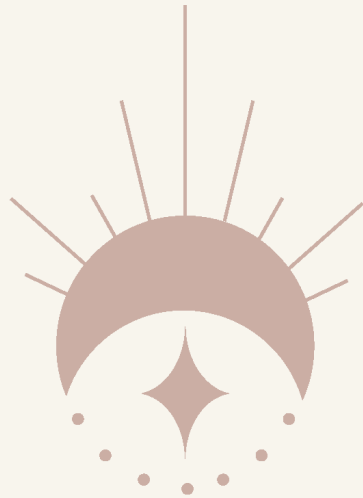


MENTAL HEALTH PREPAREDNESS



Getting ready for cyclone season isn't just about the practical stuff.

It's also about checking in with yourself, knowing what you need, and remembering you don't have to carry everything on your own.

1 HOW AM I REALLY GOING? What am I feeling most right now? Am I running on empty? What's heaviest for me to carry right now?	2 WHAT HELPS ME RESET? What actually helps me come back to myself when things feel like too much? What helps settle my mind and my body?	3 WHAT CAN I CONTROL? What is actually mine to deal with today? What is not mine to carry? What can wait?
4 WHO CAN I LEAN ON? Who can I call, have a chat with, or ask for a hand before things get too much? Who do I need to check in on?	5 WHAT WOULD HELP ME FEEL MORE PREPARED? What can I sort out now that might make things a little easier if we get another bad event? What worked for me last time that I'd do again?	6 WHAT STRENGTHS I ALREADY HAVE? I've been through hard things before. What helped me get through? What do I know about myself now that I didn't know before?

BREATHE. SLOW DOWN. ONE THING AT A TIME.

You don't have to have it all sorted.

It's okay to feel tired. • It's okay to feel overwhelmed. • It's okay to ask for help.

Look after yourself. Check in on your people.



You are supported. We've got this.