

Bushfires - Help For Those Affected



Providing information to help after the recent fires in Australia

The bushfires around Australia have threatened a large number of communities over the last few weeks and have been extremely distressing for many people. While our hearts go out to those affected, there's a lot that friends, family, community members and volunteers can do to help those in need at this time.

We want to help and will offer anyone impacted by the bushfires, including all volunteer emergency servicemen and women three counselling sessions with 50% off our normal rate, subject to availability.

For further help and information on coping with traumatic life experiences, please visit our website [here](#).

What can I do?

Our team of Psychologists here at Positive Mind Works have put together some general advice to help those affected look after themselves:

- Appreciate that you've been through a very traumatic experience. Be sure to give yourself the time and permission to feel upset over the situation and don't be frustrated at yourself for feeling sad.
- Remind yourself that you are coping and there is no wrong or right way to feel.
- Spend some much needed down-time with your loved ones and those who are understanding and respectful.
- Don't try to block out what has happened. Accepting difficult thoughts & feelings can help you come to terms with this traumatic experience.
- Share your feelings with the people that you trust. Also find other ways to express yourself, such as through a journal or creating artwork.
- Where possible, try to maintain your normal routine. Structure your day and keep busy but allow yourself rest when needed.
- Make time for relaxation to help your body and nervous system readjust and settle. Try to absorb yourself in an activity that you find enjoyable and relaxing, such as listening to music, exercising or gardening.
- Avoid the overuse of any type of drug or alcohol in order to help you cope.
- Let your family and friends know of your needs. Let them know when you need time out, if you're tired or when you're ready to talk.
- Keep reminding yourself that you have the ability to manage & that things will get better. But remember to give yourself chance to adjust – it will likely take some time to bounce back.

