

Assisting Individuals in Distress: The S.A.F.E.R.-R. Method

(Adapted from George S. Everly, Ph.D., used by permission)

- **(S)TABILIZE** Find a private, quiet setting to talk with the person
- **(A)CKNOWLEDGE** their experience) Invite the person to talk about what's going on for them but don't pressure them
- **(F)ACILITATE** understanding) that their reactions are normal, when valid, and help the person move to the cognitive domain. Severe or incapacitating reactions should be referred to continued care
- **(E)NCOURAGE** adaptive coping) Lead the person to talk about and plan what they can do to take care of themselves. Suggest stress management tips
- **(R)ESTORE** adaptive, independent functioning) by helping the person feel competent and confident to take the next steps
- **(R)EFERRAL** as needed or requested) Direct the person to a counselor or appropriate mental health practitioner

**EMPLOYEES – UA Life & Work Connections
621-2493**

**STUDENTS – UA Counseling & Psychological
Services 621-3334**

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SELF CARE in a Crisis

To perform at your best, you must BE at your best!

- Try to get 8 hours of sleep each day
- Breathe slowly and deeply to relax
- Stay connected with family & friends: in person, by video and/or phone
- Eat nutritious food you enjoy; if you can't eat meals, have multiple snacks
- Don't use alcohol, drugs or caffeine to cope.
- Get light, leisurely exercise daily
- Treat yourself to something fun and refreshing daily
- Pray, meditate, and/or relax
- If possible, enlist a friend you trust for mutual support
- Laugh and use humor where appropriate (funny movies, etc.)
- Remember, this crisis is temporary; life will normalize again

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