



## Resource Centre – Survivor Tools

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Here are some Survivor Tools to use before reviewing the resources offered on this website:

**Be an active participant** as you return to health.

**Knowledge is power** – get the information that assists in feeling less anxious and more in control.

**Draw on your support networks** – let the love and support of family and friends be an important part of your physical and emotional healing process.

**Think about what you need** and use resources to get you through.

**Take one step at a time** to make your healing more manageable.

**Ask questions** and make sure you understand the answers.

**Ask for professional emotional support** as it is often helpful to talk with someone who is not emotionally involved.

**Be vulnerable and open with your feelings** to adjust to the physical and emotional changes.

**Find outlets and support** for your feelings and spiritual strength through writing, drawing, music, poetry and spiritual exercises.

**Be gentle on yourself** and slow down; healing takes time.

**Get lots of rest and sleep** to help your ability to cope and thrive.

**Look for opportunities to have fun** – anything that gives you time to allow your body and spirit to recover.

**Be sure to relax** for your well-being.

**Watch your exercise and diet** as they have been shown to improve both physical and mental well-being.

**Drink plenty of water** – this will keep your body well hydrated, which is very important to your health and often forgotten.

**Connect with another burn survivor through The BC Professional Fire Fighters' Burn Fund Adult Burn Survivor Program - The Future Is Mine.** The survivors who participated in the *New Beginnings* are a great group to start with. They are willing to share with you (contact information provided in the *New Beginnings* Workbook). Please contact [survivors@burnfund.org](mailto:survivors@burnfund.org) to find more information on the next support group.



<http://www.facebook.com> – The Future Is Mine