

# B.E. - S.M.A.R.T

**BE SMART** is an acronym that helps remind us of how to respond, in a healthy way, to periods of crisis or distress. Sometimes these challenging situations can last for just a few minutes and other times they can last for weeks. No matter the duration, remember, no one is perfect and that's okay. May **BE SMART** be a simple reminder of how to live well during periods of crisis.

**B**rave: It takes courage and strength to stand in the face of fear and panic. Choose to focus on your strengths and be courageous.

**E**ducated: Learn about the situation from trusted sources. Share appropriate information with your child(ren) or loved ones.

**S**tay Present: Focus your energy on getting through one day at a time, starting with today. Avoiding focusing on the distant future.

**M**indfulness: Mindfulness is the active choice of responding to fear and panic by using healthy coping skills to help keep calm.

**A**wareness: Be aware of your emotional state. Check-in with others when appropriate. Seek professional help if concerns arise.

**R**esponsive: As you learn more about yourself and the situation, make necessary changes to your behaviors or routines.

**T**ransformed: After the crisis, reflect on your experience and look for key take-aways. Share what you learned with loved ones.

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