

GREAT LAKES PARANORMAL RESEARCH TEAM

Client Safety

BRIEF SAFETY LIST FOR CLIENTS

If you are experiencing stress due to possible paranormal issues, here is a list of things that are important to do while you find the help you need:

Sleep: Science has determined that sleeping is as important as breathing. Make sure you get minimal 6 hours to a good 8 hours each night.

Eating: Be kind to yourself and your body. Drink plenty of water, eat plenty of fruit, vegetables and protein. Keep your diet balanced. Everything in moderation.

Physical & Mental Health Needs: If you have any type of health issue/disability, sometimes that can be exacerbated by the stress or the person can become a target due to the health issue. Keep on top of your health needs. Check in with your doctor a bit more often until help arrives. Until the issue improves, stay away from alcohol and drugs of any kind. Do stay on any and all medications the doctor has prescribed for you.

Stress levels: This is truly important to keep low. We realize the stress is climbing because odd things that you can't explain are happening. But do find healthy distractions. Go to a fair, the mall, the movies, stay at a friend's/family member's home here and there. Find healthy, fun distractions until help arrives.

Spirituality/faith: Check yourself/family. How long has it been? Spiritual/faith practices can be healing and supportive. What were your roots? Will this help at this time?

Emotions: Emotions can run high and get out of balance. Keep it all in check. Avoid drama and chaos. Find help and support BEFORE things become too much for you.

Thought process: Careful about slipping into negative or scary thinking. Keep it all in the balance along with your emotions. Check yourself. Find someone to talk to, the right person. Not everyone understands the paranormal. Don't let your thoughts and worries get the best of you. There are a lot of paranormal teams out there, call one for support if needed.

Daily routine: Mix it in with fun things to do. Find comic relief. Seek relaxing activities, outside of the home if needed. Kids could do a sleep over from time to time if needed.