Disasters can affect everyone who lives through them. Even people who see a disaster only through the media can have emotional and stress reactions.

If you’ve been close to a disaster, staying safe comes first. It can also help to be gentle with yourself. It’s a good idea to tend to your emotions in the days and weeks that follow.

It can help to remember:
• It’s normal to feel anxious about safety for yourself, your family, friends and even strangers.
• Deep sadness, grief and anger are normal reactions.
• Owning your feelings can help you recover.
• Focusing on your strengths and abilities can help you heal.
• It’s healthy to accept help from community programs and resources.
• Everyone has different ways of coping and meeting their needs.
Easing your stress
Here are some ways you can lower your stress after a disaster:

• Limit the time you spend watching media coverage of the event.
• Talk with someone about your feelings even though it may be tough.
• Seek help from a counselor who can help you work through your reactions.
• Try not to blame yourself for what happened or feel badly if you can’t help with the rescue work.
• Eat healthy, get enough rest and exercise, relax and/or meditate.
• Limit demanding tasks but keep up your routine as best you can.
• Spend time with family and friends.
• Join in memorials.
• Ask for support from family, friends, community groups or religious organizations.

You can call us 24/7 for help getting back on track after a disaster.

Call: 833-327-AETNA
(1-833-327-2386)