Coping with disaster

Disasters can impact everyone who goes 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 and giving yourself time to adjust comes first. In the days and weeks that follow, it's also important to be aware of any feelings that come up and tend to them.

It may help to remember:

- It's normal to feel anxious about the safety of yourself, your family, friends and even strangers.
- All feelings are valid. Deep sadness, grief and anger are normal reactions to a disaster.
- Allowing yourself to feel whatever emotions you're experiencing can help you recover. Avoiding tough feelings can prolong the healing process.
- It's healthy to accept help. Allow support from community programs, friends and/or family.
- Everyone copes in different ways. Be patient with yourself and others.

Easing your stress

Here are some ways you can lower stress after a disaster:

- Limit the time you spend watching media coverage of the event.
- Keep up with your normal routine as much as possible.
- Eat a healthy diet, get enough rest and find time to relax.
- Talk with someone about your feelings.
- Spend time with supportive friends and family.
- Attend a memorial or do something in memory of what was lost.
- Seek help from a counselor or other support if you are feeling overwhelmed.
- Ask for support from family, friends, community groups or other helpful organizations.

You can call us 24/7 for support and resources after a disaster.

1-833-327-2386
https://www.resourcesforliving.com
Username: crisis support
Password: RFL

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