Facing the unknown after a disaster

A disaster can often bring with it a sense of chaos. The day-to-day "normal" can feel like it's been turned upside-down. Things can be unpredictable. And you will likely have a lot of questions. You might wonder:

- Where are my loved ones? Are they safe?
- Is my home safe? When can I return?
- What have I lost?
- How is life going to change?
- Is everything going to be okay?

The stress of the unknown

Sometimes not knowing is harder than getting bad news. It's natural to think of the "worst case scenario." And you often feel stuck in an in-between state. It's natural to want to know what's happening.

During this period, you may feel like things are completely beyond your control. All you can do is wait. And that comes with its own set of stressors.

Coping with the unknown

While this time can be difficult, there are still things you can do to get through it. Consider these tips:

- **Seek information.** Make phone calls or go online if you can. Talk to others. And try to verify facts. Often, things are confused right after a crisis. Initial information can be wrong. So try to follow up if you can.
- **Be flexible.** It's easy to feel like you're fighting with the world right now. Instead of trying to force reality to meet your needs, focus on being flexible. Take things minute by minute.
- **Focus on what's within your control.** You may not have much control over what's going on. But you can choose how you respond. Shifting your focus to yourself will help you feel more in control.
- **Remember that you're strong.** You're likely tougher than you know. Think positive thoughts to help yourself through this tough time. You might think, "I can do this," or, "This too shall pass."

You're not alone

It's important to remember that when disaster strikes there are organizations ready to respond. We can provide support and refer you to resources that can help.

We're here to help you and your household members before, during and after a disaster.

1-833-327-2386
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3732807-01-02-RFL (3/25)
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