



# Disaster

readiness · response · recovery

## Quick Tips for Managing Stress After a Disaster

- ▶ Be extra patient.
- ▶ Determine what's really important, keeping in mind that your mate's viewpoint on what should be considered top priority may differ from yours.
- ▶ Don't expect things to instantly restore themselves. Accept that restoration, physical and emotional, takes time.
- ▶ Realize that other disaster victims have suffered losses, and it's natural for them to express disbelief, anger, sadness, anxiety, and depression afterwards.
- ▶ Realize that the emotions of victims will roller-coaster and moods can change unexpectedly.
- ▶ Don't overlook your children's feelings. They need to feel they can count on you for the extra attention, love, and support needed to get through. Reassure them, making sure they understand they are



not responsible for the problems you face.

- ▶ Try to keep your family diet as nourishing as possible.
- ▶ Focusing on the big picture, instead of little details and little problems, will give you a sense of competency.
- ▶ Talk with friends, family, and clergy. In crisis situations, a supportive network is essential.
- ▶ Resist the temptation to revert to bad habits when you are under stress.

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