

## Things to Think About and How to Care for Yourself During Times of Disaster/High Stress

### Initial and later reactions to disaster/stressful events:

Many people have a range of reactions. A crisis can bring out strengths and the best in people. People come together to help one another, and you may see in yourself and others strengths that bring great pride.

### Similarly, stressful situations may bring a range of other reactions, including:

- Fear
- Disbelief
- Disorientation and numbing
- Difficulty making decisions
- Need for information
- Seeking help for you and your family
- Helpfulness to others
- Change in appetite and digestive problems
- Difficulty in sleeping — sleeping too much or too little
- Headaches
- Anger and suspicion
- Apathy and depression
- Crying
- Frustration and feelings of loss of control
- Feeling overwhelmed
- Moodiness and irritability
- Anxiety about the future
- Disappointment with and rejection of outside help
- Isolating oneself from family, friends, or social activities
- Guilt over not being able to prevent the disaster
- Domestic violence
- Change in daily activities

### Recognize your own feelings:

- Talk to others about your feelings and reactions. This will help relieve your stress and help you to realize that your feelings are shared by others.
- Accept help from others in the spirit in which it is given. Wouldn't you help them?
- Whenever possible, take time off and do something you enjoy
- Get enough rest
- Get as much physical activity as possible, such as running or walking
- Give someone a hug — touching is very important

### Help for your community:

- Listen when you can to those who are having problems, and share your own feelings
- Be tolerant of the irritability and short tempers others show — everyone is stressed

***24 Hour Crisis Response Line: Call 888-851-2451  
and ask to speak to a Trauma Center Manager***