



After the Storm

fear, anxiety, sadness, shame, feeling numb,
disorientation, difficulty concentrating, trouble sleeping,
being on edge, problems at work & school

STRESS

While you take action to rescue, repair and rebuild,
take action for your emotional health.

Talk to another person
for support.

Spend time with others.

Take breaks.

Schedule pleasant activities.

Keep a written or
photographic journal.

Get adequate rest and sleep.

Eat healthy meals.

Exercise in moderation.

Try to maintain a schedule.

Find a local support group.

Seek counseling.



LEARN MORE:

- Disaster Distress Hotline: 1-800-985-5990
- cdc.gov/disasters/hurricanes/pdf/tipsforadultstress.pdf
- ptsd.va.gov
- samhsa.gov