



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](https://www.cdc.gov/disasters/hurricanes/pdf/tipsforadultstress.pdf)
- [ptsd.va.gov](https://www.ptsd.va.gov)
- [samhsa.gov](https://www.samhsa.gov)