

Most people experience normal reactions as a result of a disaster or traumatic event. However, everyone deals with their feelings and reactions in different ways. Some common responses are:

- | | |
|----------------------|---|
| ✧ Irritability/Anger | ✧ Sadness |
| ✧ Fatigue | ✧ Headaches or nausea |
| ✧ Loss of appetite | ✧ Hyperactivity |
| ✧ Inability to sleep | ✧ Lack of concentration |
| ✧ Nightmares | ✧ Increased alcohol or drug consumption |

Many will have at least one of the above responses. Acknowledging your feelings and stresses is the first step to feeling better. Other helpful actions include:

- ✧ Talk honestly about your experiences. Sharing your feelings will help you feel better about the experience.
- ✧ Take time off from cares, worries, and home repairs. Engage in recreation, relaxation, or a favorite hobby. Getting away from home for a day or a few hours can help.
- ✧ Pay attention to your health, a good diet and adequate sleep. Relaxation exercises may help if you have difficulty sleeping.
- ✧ Prepare for possible future emergencies to help lessen feelings of helplessness and to achieve peace of mind.
- ✧ Rebuild personal relationships in addition to repairing other aspects of your life. Couples should make time to be alone together, to talk and to have fun.
- ✧ Don't judge your level of grief and healing by how others are grieving and healing, but by your own internal awareness.
- ✧ Cry.
- ✧ Recognize that seeking professional counseling doesn't mean you are weak, inadequate, or crazy.
- ✧ Continue to participate in activities that are fun for you and with people who are special to you, don't underestimate the effects of small pleasure.
- ✧ Drinking, abusing drugs and overeating are just ways of medicating your feelings. These types of coping will only add to the situation and aggravate the problem.

If stress, anxiety, depression, or physical problems continue, please get help.

Putnam County Crisis Hotline (toll-free)
1.800.468.4357