

# Coping with Natural Disasters



When a natural disaster strikes, it can leave lasting emotional and practical challenges. It's normal to feel **overwhelmed, anxious, or uncertain about the future**—but you don't have to face it alone.

## COMMON REACTIONS

Shock, disbelief, or confusion

Trouble sleeping or concentrating

Anger, sadness, or anxiety

Feeling detached or on edge

Recognizing these emotions is the first step toward recovery.

Healing takes time, and support is available every step of the way.

## WAYS TO COPE

**Talk about your experience.**  
Share feelings with trusted friends, family, or a counselor.

**Take care of yourself.**  
Rest, eat nourishing meals, and practice gentle routines.

**Stay connected.**  
Reach out to your community or support groups to reduce isolation.

**Focus on what you can control.**  
Make small plans to reestablish safety and routine.

**Limit media exposure.**  
Take breaks from distressing coverage to support emotional balance.

**We're Here to Help.**

AllOne Health provides fast access to care, real human connection, and whole-person support. Services are free, confidential, and available to you and your family members. To get started, visit [allonehealth.com/member-support](https://allonehealth.com/member-support).