

AFTER A DISASTER

Tips to Stay Healthy

It is common to have a strong personal reaction to a disaster, but everyone experiences crises differently. Some people have only a minor reaction during the early stages of the event, and a stronger reaction hours or days later, while others are upset immediately, then gradually feel better over time. There is no right or wrong way to feel or process difficult situations. Physical reactions may include trembling, upset stomach, increased heart rate or headaches. Emotional reactions vary greatly – some common ones include fear, anger, shock and sadness. One individual may have trouble thinking clearly or focusing, while another may feel irritable, have trouble sleeping, or cry more frequently.

Below is a list of suggestions that can help facilitate the recovery process:

- During the first few days, periods of physical exercise, alternated with relaxation, will alleviate some physical reactions.
- Talk to others. Talking can help with the healing process.
- Eat well-balanced, regular meals, even if your appetite is off.
- Maintain as much of a normal routine as possible.
- To help with concentration, focus on completing small tasks.
- Drink plenty of water, and get plenty of rest.
- If possible, avoid making any big life changes or major decisions.
- Avoid excessive use of caffeine and alcohol.
- Allow yourself to feel your feelings, without self-judgment or blame.
- Call your EAP anytime. We provide counseling, resources and referrals to you, your dependents and household members 24/7.

Acknowledgements to Crisis Care Network

Important Notice: Information in this flyer is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further questions or help with specific problems or personal concerns, contact AllOne Health Employee Assistance Program.

Employee Assistance Program
1.800.451.1834

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