



Coping with the Aftermath of a Natural Disaster

3 Key elements will help you survive a natural disaster:

- Healthy coping skills
- Healthy support system
- Healthy perspective

While things will never be the same as they were before the disaster, we can find strength to recover.

Indicators of Intense Stress

If you are concerned about the intensity of these symptoms in your life or someone you care about, please seek the care of a physician or a mental health professional. Call a trusted friend to talk through it. Reach out to clergy or family members.

Physical Symptoms:

Chills
Fatigue
Nausea
Dizziness
Weakness
Rapid Heart Rate
Difficulty Breathing
Shock Symptoms

Emotional Symptoms:

Fear
Guilt
Panic
Denial
Anxiety
Irritability
Shock
Feelings Overwhelmed
Loss of Emotional Control
Sadness

Cognitive Symptoms:

Confusion
Nightmares
Hypervigilance
Intrusive Images
Poor Attention/Memory
Poor Concentration
Disorientation

Behavioral Symptoms:

Withdrawal
Inability to rest
Changes in Social Activity
Loss of or Increase in Appetite

Here are some ways to bring order and calmness after the chaos and confusion that follows a natural disaster:

- Retell your story
- Reconnect in relationships
- Rebuild your routines
- Reach out with your faith or spiritual connection

In the weeks after the natural disaster, it is helpful to have patience, a positive attitude, and trust.