



# 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)