



Coping With the Stress of a Disaster

DISASTER AND STRESS

Floods, hurricanes, earthquakes and fires are just a few examples of disasters that cause stress and can disrupt our lives. Knowing some basic facts about emotional stress can help us understand its effects:

Stress is both a physical and emotional response that results from an increase in tension or worry about something that is dangerous, unknown, or disturbing.

Stress affects people's mind, emotions, and body. It can make it harder to think and concentrate. It can make it hard to control one's temper or more easy to cry than usual. It can upset a person's digestion and make it hard to sleep, even when tired. Sometimes stress will make the heart beat faster, cause stomach problems, or cause you to feel short of breath.



over and over again. By sharing stories, you and those around you can sort out the sequence of events associated with



<http://www.salvationarmyusa.org>

The United Way

2-1-1

<http://www.211.org>

A Disaster Recovery Center may be established in or near the community affected by the disaster. There you can meet with representatives of federal, state, local, and volunteer agencies.

Local churches, service organizations (such as the Kiwanis Club, Lions, or Knights of Columbus), large local employers, and local newspapers and banks may offer help.

Long Term Recovery

After you have met your immediate needs and are ready to



have begun the process of rebuilding, the emotional impact of your experience may begin to take its toll. Your Employee Assistance Program is available 24 hours a day, 7 days a week to help you deal with the feelings you may have after surviving this major, life changing event.

For more information access your EAP

Remember that your confidential Employee Assi /TT4200 0 11 3751 Tf 11 0