

Coping During Disasters

Distress following a crisis is normal and understandable. It doesn't mean you aren't coping well or that you will always feel this way. Here are some ways to give yourself support as you navigate trauma and distress.

one



Prioritize physical health and basic self-care

- Meeting your body's needs is more difficult after a disaster, but more important than ever. Balanced eating, opportunities for restorative sleep, and proper hydration and nutrition are all necessary to keep yourself going over the coming weeks.
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two



Gently bring yourself back to the present moment

- Trauma and loss can pull you toward the past, and the overwhelm of what could happen or what needs to get done can pull you toward the future. These experiences are both important, but getting pulled too far in either direction increases our sense of panic and instability. We can best process loss and plan next steps while being anchored in the present moment.
 - Put your hand on your heart, take a deep breath, and remind yourself that you are safe, and that you give yourself the gift of patience and compassion as you move through emotions and plans.
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three



Stay connected

- It is common to isolate after a disaster or loss, or to feel a sense of loneliness in your grief. Community and relationships are crucial to your wellbeing, especially during times of crisis. You might find you don't want to talk about your experiences, or you might feel you can't stop talking about it. Either is normal, and perfectly fine. You need not feel pressured to share more or less than feels right.
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four



Take breaks

- Stay open to moments of comfort, relief, and even joy in the midst of uncertainty and grief. Notice them, and allow them to soothe and nurture you.
 - Pay attention to your news and social media consumption, and the impact it has on your emotional and physical wellbeing. Take intentional time away from exposure.
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