

Coping After a Disaster

After a disaster or traumatic event, problems may come and go. It's important to know when to ask for help. If you or someone you know is experiencing any of the following problems, please ask us for help.

Are you...



Sleeping too much or too little?



Eating too much or too little?



Feeling an overwhelming sadness?



Drinking alcohol or smoking more than usual?



Feeling angry or lashing out at others?



Not connecting with others?



You are not alone.



Coping After a Disaster

After a disaster or traumatic event, problems may come and go. It's important to know when to ask for help and how to manage the stress.

Tips on taking care of yourself



Exercise or go for a walk.



Eat healthy foods.



Reach out to your family, friends, and faith community.



Avoid drinking alcohol or smoking more than usual.



Maintain a normal household and daily routine.



Limit demanding activities for you and your family.



You are not alone.

Scan the code for more info or call (386) 302-6990



PROJECT
C.O.P.E.
Caring for Our People in Emergencies

Provided by:
LIVING HOPE

