

TIPS FOR SURVIVORS OF A TRAUMATIC EVENT

Know how to relieve stress

When exposed to traumatic events, such as natural disaster, most people show signs of stress after the event. Manage and alleviate your stress by taking care of yourself.

Keep Yourself Healthy

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.

Find Ways to Relax

- Relax your body often—take deep breaths, stretch, meditate, engage in pleasurable hobbies.
- Pace yourself between stressful activities, and do a fun thing after a hard task.
- Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family.
- Talk about your feelings to loved ones and friends often.

Pay Attention to Your Body and Spirit

- Recognize and heed early warning signs of stress.
- Recognize how your own past experiences affect your way of handling this event. Focus on the ways you handled them well.
- Know that feeling stressed, depressed, guilty, or angry is common after a traumatic event.
- Connect with other survivors of traumatic events.
- Take time to meditate, pray, or help others in need.

Have a Plan to Manage Tasks

- Do the important things first.
- If necessary, find a safe place to stay. Tell family where you are and how they can contact you.
- If needed, get papers for your property, insurance, bank, medical records, and job qualifications from agencies if you lost them in the traumatic event.
- Be patient with yourself and others. It may take time to feel like you have regained control over your life.