

# TIPS FOR SURVIVORS OF A TRAUMATIC EVENT

## *Know the signs of stress*

When exposed to traumatic events, such as natural disaster, most people show signs of stress after the event. Over time, as your life gets back to normal, they should decrease. Monitor your physical and mental health. Know the signs of stress and know when to get help.

### Body

- Having stomachaches or diarrhea
- Having headaches and other pains
- Losing your appetite or eating too much
- Sweating or having chills
- Getting tremors or muscle twitches
- Being easily startled
- An increase/decrease in your energy/activity levels

### Behavior

- Difficulty with relaxing or sleeping
- An increase in your alcohol or tobacco use
- An increase in irritability and anger
- Frequent crying
- Placing of blame on other people for everything
- Difficulty with communicating or listening
- Difficulty with giving or accepting help

### Emotions

- Being anxious or fearful
- Experiencing an inability to feel pleasure or have fun
- Feeling depressed
- Feeling guilty
- Wanting to be alone most of the time
- Not caring about anything
- Feeling overwhelmed by sadness

### Thinking

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating
- Worrying excessively
- Having difficulty making decisions