

# 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.**