

Coping with a Disaster or Traumatic Event



After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Follow these tips to help you and your family recover or find support.

Steps to Care for Yourself

- **Take Care of Your Body**
 - Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- **Connect**
 - Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- **Take Breaks**
 - Make time to unwind. Try to return to activities that you enjoy.
- **Stay Informed**
 - Watch for news updates from reliable officials.
- **Avoid**
 - Avoid excessive exposure to media coverage of the event.
- **Ask for Help**
 - Talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at 1-800-985-5990.

How to Help Your Children

- **Talk with them**
 - Share age-appropriate information
 - Reassure them
 - Address rumors
 - Answer questions
- **Set a good example by taking care of yourself**
- **Limit exposure to media and social media coverage of the event**

Common Signs of Distress

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, and activity levels
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.

CALL or TEXT Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990.

People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.



Coping With Natural Disasters

Allison Draper



Coping With Natural Disasters:

Coping With Natural Disasters Allison Stark Draper,2000-12-15 Discusses such natural disasters as earthquakes volcanoes floods and hurricanes and how one can prepare and respond to these disasters [Coping with Natural Disasters](#) Allison Draper,2001 Explains what a disaster is and how to cope physically and emotionally with its devastating effects

Coping with Catastrophe Gary L. Wamsley,National Academy of Public Administration,Philip A. Odeen,1995 A comprehensive Federal responsibility FEMA the Federal responsibility state is the current approach viable Extensive bibliography Charts tables

Resilience to Deal with Disasters in Life Ajit Aryan,2023-05-15 In this book we explore the concept of resilience and its importance in dealing with disasters in life Disasters can come in many forms including natural disasters personal crises and societal upheaval Resilience is the ability to bounce back from these challenges and to adapt and thrive in the face of adversity We will delve into the psychological and practical strategies that can help individuals and communities build resilience From understanding the role of emotions and mindfulness to developing a support network and creating a plan for disaster preparedness this book aims to provide readers with the tools they need to navigate difficult times and come out stronger on the other side

Coping with Natural Disasters ,1990 **Mental Health and Disasters** Yuval Neria,Sandro Galea,Fran H. Norris,2009-07-20 Since the attacks of September 11 2001 disaster preparedness and response has developed into a discrete subspecialty in medicine and the paramount health care initiative of the US Government The mental health component of disaster response is a serious subject of study as trauma is associated with a substantial and long lasting psychologic burden both on an individual and community level The psychopathologies associated with disaster are also quite broad varying from several different types of post traumatic stress and anxiety disorders to acute variations of grief associated depression This book is the definitive reference on mental health and disasters focused on the assessment and treatment of the full spectrum of psychopathologies associated with many different types of individual disasters The logistics for utilizing pre existing community based mental health services as well as the development of new programs are covered in depth Case studies and perspectives for improving care incorporating lessons from Hurricane Katrina and 9 11 are included in detail

Coping with Natural Disasters Justin Healey,2021-07 Australia s variable climate geography and environment frequently places communities infrastructure ecosystems and cultural and heritage sites in the path of natural hazard events Natural hazards are driven primarily by weather and geology Weather driven natural hazards include bushfires floods heatwaves cyclones landslides and thunderstorms while geological driven hazards include earthquakes and tsunami The major bushfires and floods of the past two years have demonstrated how increasingly exposed the nation is to natural hazards causing distressing loss of life and property and devastating the environment A recent royal commission has exposed gaping holes in Australia s readiness for natural disasters How should we better prepare for natural hazards and mitigate their impacts from becoming disasters and how can we cope during and

after they have occurred What could we do at a government emergency services community and personal level to protect ourselves develop resilience and recover from the next major natural disaster

Coping with Natural Hazards Khadg Singh Valdiya,2004 This book is a collection of twenty one papers presented during the symposium on Coping with Natural Hazards at University of Pune on 5 and 6 October 2001 This very successful symposium organised by the National Academy of Sciences outlined the strategies our country should adopt to be prepared to face hazards like earthquakes floods landslides avalanches cyclones droughts and desertification It contains papers by pre eminent scientists and leading lights like Professors M G K Menon P K Das D R Sikka and R K Bhandari and many others Each paper has been critically reviewed by atleast two experts in their respective fields

Shared Mass Trauma in Social Work Ann Goelitz,2022-08-25 This edited volume looks at the phenomenon of shared trauma and how it affects social workers and their clients alike Bringing together established voices from the field of social work Shared Mass Trauma in Social Work presents ideas of how to provide resilient care and practice while social workers and their clients are both experiencing the same mass trauma Social workers are often on the front line when community trauma occurs and the boundary between their experiences and those of clients can become blurred In this timely resource Ann Goelitz and the contributors aim to share both their findings and evidence based tools to help professionals look after themselves and their clients in times of turmoil Beginning by setting a conceptual framework for shared trauma and reviewing related research the contributors discuss the concept as it relates to events such as the coronavirus pandemic climate change and natural disasters police brutality and racism and war and terrorism Filled with case studies that bring the text to life chapters then move to the modalities of psychotherapy group work and community organizing before concluding with reflections and lessons learnt for future practice The glossary of terms sample syllabus and practical exercises to support training social workers are a bonus for educators Shared Mass Trauma in Social Work incorporates specific implications trauma informed care social work principles and practical tips to support training and established clinicians working in unprecedented circumstances

Coping with Natural Disasters at the Local Level Ron Davis,1977

Coping with Natural Disasters Robert J. Fetsch,Christine A. Fruhauf,2013

Coping with the Aftermath of Natural Disasters Lisa A. Crayton,2019-12-15 Floods blizzards earthquakes and tornadoes are just a few of the natural disasters occurring frequently around the world They are unpredictable and destructive and can spark fear and confusion in the hearts of those who have experienced them Natural disasters can even cause anxiety for those just reading headlines in the news or on social media or who know someone who has been affected Readers need accurate and trustworthy information to understand what s happening to themselves and their community They will discover tested strategies to help navigate their feelings practice self care and assist others through the storm s aftermath

Improving Health for Better Future Life: Strengthening from Basic Science to Clinical Research Muthmainah Muthmainah,Hanik Badriyah Hidayati,Budi Yanti,2023-12-29 The proceedings of the 3rd International Conference on Health

Technology and Life Science ICO HELICS 2022 shared ideas pre clinical and clinical research results and literature review on various aspects of medical science including heart disease stroke cancers vaccines infections immunological disease reproductive health pharmacology and other health diseases The proceedings aim to deliver new insights to the knowledge and practice of health workers and equip them in providing the best quality health care and clinical outcomes As the idea of advanced clinical research originated from basic or fundamental research it explores the life processes that are universal in their application to scientific knowledge Therefore these proceedings will also be of interest to academics practitioners health workers and professionals involved in medical research

Cultural Psychology of Coping with Disasters Manfred Zaumseil, Silke Schwarz, Mechthild von Vacano, Gavin Brent Sullivan, Johana E. Prawitasari-Hadiyono, 2013-11-21 This book offers a broad theoretical foundation by relating and contrasting relevant international literature with the outcomes of a particular research project It provides a critical reevaluation of the complex phenomena of coping with disasters on a general level by applying this integrative theory of disaster coping to a specific context A cultural psychological model is developed in order to suggest ways of understanding and assessing local and cultural specificity This interaction of the general and locally specific is central to our understanding of cultural psychology of coping with disaster The book provides a basic overview by presenting various approaches to coping with natural disasters and relating them to each other in a coherent manner So far most research approaches either focus on technical social psychological or cultural aspects of coping neglecting their interconnectedness Coping is seldom seen as an extensive long term process in which disaster relief complexly interacts and is integrated with the local actors and conditions Until now a perspective is missing in which the mentioned modes of coping are integrated with cultural interpretations and practices and long standing forms of communal self help which possibly develop in places that are frequently threatened by natural disasters

Coping with Natural Disasters Caroline Arnold, 1988 Explains the work of private groups and government agencies such as the American Red Cross and UNICEF how they set up shelters for the injured and homeless and how they offer victims funds for food medical supplies and loans

Lifespan Perspectives on Natural Disasters Katie E. Cherry, 2009-07-09 Some of our most disturbing images of Hurricane Katrina involve the very old trapped in flooded nursing homes and the very young sick in toxic trailers Using the Katrina Rita nexus as its reference point Lifespan Perspectives on Natural Disasters takes the developmental long view on human strengths and vulnerabilities during large scale devastation and crisis An expert panel of behavioral scientists and first responders analyzes the psychological impact of natural disasters on and coping faculties associated with children adolescents and young middle aged older young old and late life oldest old adults This timely information is invaluable both to mental health service providers and to those tasked with developing age appropriate disaster preparedness intervention and recovery programs In addition the book references other deadly storms as well as other major catastrophic events e g the September 11 attacks the Indian Ocean Tsunami and includes such topics as Young children s understanding of hurricanes Positive adjustment in youth

after Katrina How families make meaning out of disaster Disaster recovery in the workplace Recovery services for the frail elderly Coping and health in late life Preparation and training mental health personnel for disasters Unique in the disaster literature Lifespan Perspectives on Natural Disasters serves as a research reference and idea book for professionals and graduate level students in psychology social work and disaster preparedness and services RM- Council of State Governments,1976 *Hurricane Katrina and the Redefinition of Landscape* DeMond Shondell Miller,Jason David Rivera,2009-01-01 Miller and Rivera explore how the fundamental changes to the physical landscape after Hurricane Katrina set the stage for dramatic changes to come for the city and region and how these changes altered the economic cultural and political lives of the survivors Coping with Natural Disasters George William Housner,1989 **Coping with the Flood** Mary Fran Myers,1994

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