



## Coping with disaster

### Aetna Resources For Living<sup>SM</sup>

Disasters can affect everyone who lives through them. Even people who see a disaster only through the media can have emotional and stress reactions.

If you've been close to a disaster, staying safe comes first. It can also help to be gentle with yourself. It's a good idea to tend to your emotions in the days and weeks that follow.

#### **It can help to remember:**

- It's normal to feel anxious about safety for yourself, your family, friends and even strangers.
- Deep sadness, grief and anger are normal reactions.
- Owning your feelings can help you recover.
- Focusing on your strengths and abilities can help you heal.
- It's healthy to accept help from community programs and resources.
- Everyone has different ways of coping and meeting their needs.

## Easing your stress

Here are some ways you can lower your stress after a disaster:

- Limit the time you spend watching media coverage of the event.
- Talk with someone about your feelings even though it may be tough.
- Seek help from a counselor who can help you work through your reactions.
- Try not to blame yourself for what happened or feel badly if you can't help with the rescue work.
- Eat healthy, get enough rest and exercise, relax and/or meditate.
- Limit demanding tasks but keep up your routine as best you can.
- Spend time with family and friends.
- Join in memorials.
- Ask for support from family, friends, community groups or religious organizations.
- Restock your disaster supply kits.
- Update your family's disaster plan.

You can call us 24/7 for help getting back on track after a disaster.

**1-888-AETNA-EAP (1-888-238-6232)**

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