

Self-Care Following A Disaster

Colorado State Employee Assistance Program

Phone: 303-866-4314 or 1-800-821-8154

The devastation left by Hurricane Katrina has been difficult to comprehend. Many people feel traumatized and helpless as the death toll increases and human suffering and loss become more apparent. There are ways to promote resiliency. Here are a few:

- Spend time with other people. Coping with stressful events is usually easier when people support each other.
- Stay focused on daily routines; they can provide comfort and balance.
- Remember to grieve and cry if you need to.
- Ask for support from family, friends, church or other community resources.
- Take time to walk, eat healthy foods and drink plenty of water.
- Sleep is important. You may need more sleep during times of high stress.
- Do something good for yourself.
- Contribute something positive...financial aid, a blood donation or time, to help those in need.
- Get away from the stress of the event sometimes. Turn off television, limit reading about the disaster and do something you enjoy instead.

Remember, there are resources if you feel you need additional support. Contact the Colorado State Employee Assistance Program (C-SEAP), your county mental health agency or other mental health professional as a resource.

For additional information on coping with a disaster or trauma visit the websites for [National Mental Health Information Center](#) or [National Center for PTSD](#).