

## After the Storm Tips for Adults



After a disaster, you may have a wide range of questions including: Why did this happen to me? Where am I going to live? How will I ever heal from this? When will I start to feel normal again? While these questions can cause strong emotions and a sense of uncertainty, you must continue to take care of yourself and maintain healthy relationships with those around you.

When feeling stressed out, it is easy to get frustrated and angry at people, especially those you are close to. However, there are healthy ways to relieve stress and not hurt those around you.

### How can I get help?

Call the National Domestic Violence  
Hotline 1-800-799-SAFE (7233)  
1-800-787-3224 (TTY)



## How can I keep my relationships healthy?

Recovering after a natural disaster can be difficult and relationships can be strained. Here are some tips to help ease stress and maintain healthy relationships with those around you.

- ❑ **Keep lines of communication open.** Be specific, honest, and show empathy in conversations.
- ❑ **Talk to others.** Ask a parent, friend, counselor, doctor, or pastor for help. Talk with them about your stress and the problems you face.
- ❑ **Stay active.** Go for a walk, a run, or participate in group activities.
- ❑ **Ask for support.** If you feel threatened or in danger, inform others. Ask counselors, friends, family members, or health clinics for support.
- ❑ **Do not use drugs and alcohol.** These can increase feelings of anxiety and stress.
- ❑ **Take a time-out.** If you feel stressed, give yourself a break. Allow some down time, even if it is only a 30-second time-out.

For more information visit [www.cdc.gov/injury](http://www.cdc.gov/injury).