



Some tips for coping after a disaster

- Remember that healing and recovery will take time.
- Allow yourself to feel sadness, pain, anger, fear and grief.
- Talk to others about what you are feeling.
- Seek comfort from friends and family.
- Try to continue family routines, schedules and rituals.
- Avoid alcohol and drug use.
- Eat a healthy diet and get enough sleep.
- Avoid making unnecessary decisions at this time.
- Forgive yourself when you "act out" because you are feeling stress.
- Don't become isolated from friends, co-workers, family and neighbors.
- If you feel angry hit a pillow, kick a football, stomp your feet or cry.
- Accept caring, help and understanding from friends, relatives and professional caregivers.
- Adopt a stray puppy or kitten, buy a plant, bake a cake and give it to a neighbor, make a donation or do something else for another person.
- Recognize that a crisis provides opportunities for learning, growing and changing.
- Expect ups and downs in your recovery.
- Take a brisk walk, ride a bicycle, go dancing, lift weights or go skating.
- Expect and accept unexpected moments of sadness.
- Read an inspirational book or watch an inspirational movie.
- Light a candle.
- Remember all the people you love and send them a silent blessing.
- Keep a journal of your thoughts and feelings.
- Recognize and celebrate your improvements.
- Focus on the positive.
- Learn something new.
- Celebrate your personal growth.

These are general tips that work in many different stressful situations. For more information, call Switchboard of Miami's 24-hour crisis hotline at (305) 358-HELP.

Information from Switchboard of Miami, Inc.