

# Emotional Recovery Post-Disaster

This playbook outlines strategies for individuals to cope with the emotional and psychological effects following natural disasters. It provides a framework for mental health recovery and resilience building.

## Step 1: **Acknowledgment**

Acknowledge the impact of the disaster on your emotional and psychological well-being. Recognize the feelings of shock, grief, and anxiety as normal responses to an abnormal event.

## Step 2: **Emotional Support**

Reach out to friends, family, or support groups to talk about your feelings. Sharing experiences and emotions with others who understand can provide comfort and reduce the sense of isolation.

## Step 3: **Routine Establishment**

Establish a daily routine to provide a sense of normalcy and control. Include regular sleep patterns, meals, work, and relaxation time.

## Step 4: **Self-Care**

Engage in self-care practices that promote well-being. This can include exercise, healthy eating, meditation, and engaging in hobbies or activities that bring joy.

## **Step 5: Professional Help**

Consider seeking professional help if emotions become overwhelming. A mental health professional can provide therapy and coping strategies tailored to individual needs.

## **Step 6: Community Connection**

Get involved in community recovery efforts. Helping others can foster a sense of purpose and collective healing.

## **Step 7: Limited Exposure**

Limit exposure to disaster-related media coverage if it increases stress or anxiety. Be informed but take breaks as needed to maintain mental health.

## **Step 8: Positivity Practice**

Practice positivity and gratitude by acknowledging at least one good thing each day, no matter how small. This can help shift focus from loss to aspects of life that remain unaffected.

## **Step 9: Long-Term Resilience**

Work on building long-term resilience by engaging in activities that strengthen coping skills, such as problem-solving, assertive communication, and stress management.

# **General Notes**

## **Emergency Contacts**

Keep a list of emergency contacts and resources for mental health services handy in case of urgent support needs.

## **Be Patient**

Understand that recovery from a traumatic event takes time, and it is normal for this process to occur gradually and with fluctuations.

## **Stay Informed**

Stay informed about additional support services and resources provided by local authorities, NGOs, or community organizations.

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