# Post-Disaster Stress Management

This playbook outlines the steps for managing post-traumatic stress after experiencing a natural disaster. It provides guidance for recognizing symptoms, seeking support, and utilizing resources to facilitate recovery.

### Step 1: Recognize Symptoms

Identify common signs of post-traumatic stress such as flashbacks, severe anxiety, uncontrollable thoughts about the event, nightmares, and emotional numbness. Acknowledge these symptoms as a normal response to an abnormal event.

### Step 2: Self-Care

Implement self-care practices that can help manage stress, such as regular exercise, maintaining a healthy diet, getting adequate sleep, avoiding alcohol and drugs, and practicing relaxation techniques.

### Step 3: Social Support

Reach out to friends, family, and community resources for emotional support. Sharing your experiences and feelings with others can provide comfort and decrease feelings of isolation.

### Step 4: Professional Help

Seek professional help if symptoms persist or worsen. Contact a psychologist, psychiatrist, or counselor who specializes in trauma and post-traumatic stress disorder (PTSD).

### Step 5: Education

Educate yourself and your loved ones about post-traumatic stress and its effects. Understanding the condition can reduce confusion and stigma, facilitating a supportive environment for recovery.

### Step 6: Create Routine

Establish a regular routine to provide a sense of normalcy and control. This can include setting consistent times for meals, sleep, work, and leisure activities.

## General Notes

### Emergency Services

If you or someone you know is in immediate danger or experiencing a crisis, contact emergency services for assistance.

### Community Resources

Community resources such as support groups, workshops, and educational programs can provide additional aid and information for individuals coping with post-traumatic stress.

### Long-Term Management

Understand that recovery from post-traumatic stress is a process that may take time. Be patient with yourself and the people affected, and maintain a support system for long-term management and recovery.