

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.