



## Emotional Health

Disasters can bring about significant stress. In the days after a large fire like this, you and your family may experience a variety of reactions. Feelings of exhaustion worry and anger can surface, especially if you were evacuated from your home. You may be feeling now:

- Feeling physically and emotionally drained
- Have difficulty making decisions or staying focused
- Feeling frustrated over small things
- Feeling tired, sad or worried
- Experiencing changes in appetite or sleep patterns

*Most of these reactions are temporary and will go away over time. Try to accept whatever your reactions may have and look for ways to take one step at a time and focus on taking care of yourself and your family.*

**Taking Action:** Getting ourselves and our lives back in routine that is comfortable for us takes time. Each positive action you take can help you feel better and more in control. Here are some helpful hints that may help you put your priorities in place and take care of yourself and loved ones.

- First, take care of your safety
- Eat healthy and drink plenty of water
- Get some rest
- Stay connected with family and friends
- Be patient with yourself and those around you
- Set priorities in your everyday life
- Stay positive

**If you don't feel better:** Many people have experience coping with stressful life events and typically feel better after a few days. Others find that their stress does not go away as quickly as they would like and it affects their relationships with family, friends and others. If you find yourself or a loved one experiencing some of the feelings and reactions listed below for two weeks or more, this may be a sign that you need to reach out for additional assistance:

- Crying spells or bursts of anger
- Difficulty eating and sleeping
- Losing interest in things
- Increased physical symptoms such as headaches, stomachaches or fatigue
- Feeling guilty, helpless or hopeless
- Avoiding family and friends

For additional resources, contact a local Mental Health Counselor or your family physician.