

## Tragedy Aftermath: Taking Care of Yourself

The nation has just gone through the shock and pain of a tragedy. You may be very shaken for the next few days or weeks. As the shock wears off, you will start to rebuild and put your life back together. You may experience many different emotions at this time. For months after experiencing a tragedy, it is common to feel let down and resentful.

Some common responses to a disaster include<sup>1</sup>:

- Irritability or anger.
- Sadness.
- Fatigue.
- Headaches or feeling queasy.
- Loss of appetite.
- Feeling hyper.
- Inability to sleep.
- Lack of concentration.
- Nightmares.
- Increase in alcohol or drug consumption.

Many people who have gone through a tragedy will have at least one of these responses. Accepting your feelings is the first step in feeling better. Other helpful things to do include<sup>2</sup>:

- **Talk about your experiences.** Share your feelings rather than holding them in. This will help you feel better about what happened.
- **Pay attention to your health and diet, and get adequate sleep.** Relaxation exercises may help if you have a hard time sleeping.
- **Prepare for future emergencies.** This may help you feel less helpless and bring peace of mind.

### Help Is Available

Call us using the phone number in your member handbook for more information, help and support. We are here to help you get and stay well.

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<sup>1</sup> [www.lafd.org/eqindex.htm](http://www.lafd.org/eqindex.htm)

<sup>2</sup> Ibid