



## WHERE TO FIND SUPPORT

## AFTER A DISTASTER

### Self Help Hints

- Try to rest a bit more
- Contact friends
- Don't try to fight recurring thoughts, dreams or flashbacks (these are normal and will decrease over time and become less painful)
- Remember to eat well-balanced and regular meals (even when you don't feel like it)
- Talk to people who love you
- Try keeping a reasonable level of activity
- Find a good counsellor if feelings become prolonged or too intense

### Hints For Family and Friends

- Listen carefully
- Spend time with the traumatised person
- Reassure them that they are safe
- Don't take their anger or other feelings personally
- Be sensitive
- Be patient
- Be genuine
- Be loving

IF SYMPTOMS ARE SEVERE OR IF THEY  
LAST LONGER THAN 6 WEEKS, THE  
TRAUMATISED PERSON MAY NEED  
PROFESSIONAL COUNSELLING

Adapted from:

*"Living with Loss and Grief"*

by Glasscock & Gressor, Health Books  
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NATIONAL ASSOCIATION FOR  
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Coming to terms with

# LOSS

following

# A Disaster

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# DISASTER BRINGS LOSS

Losses can be PHYSICAL (*people, pets, possessions*) or CONCEPTUAL (*safety, security, trust*).

Because of this people may experience changes in their behaviour, thoughts and feelings. These may be mild sensations, brief or intermittent; or traumatic disruptions to their sense of well-being and ability to cope. Children experience the impact of loss as much as adults

Understanding that these responses are NORMAL at these times helps reduce possible long term emotional and physical disorder.

## AFTER A DISASTER

ALL OF THESE EXPERIENCES ARE NORMAL.....



## Survivor's of Disaster

Survivors of disaster experience shock, great distress and grief as a response to their losses.

- DO make use of services
- DO express your emotions
- DO make use of your own coping mechanisms
- DO talk about what happened and how you reacted
- DO express your needs clearly and honestly
- DO let your children talk to you and other about their feelings and express themselves in games and drawings
- DO take time out to deal with your own feelings
  
- DON'T bottle up your feelings
- DON'T try to fix everything immediately

### WARNING!

ACCIDENTS ARE MORE COMMON AFTER SEVERE STRESS.

- DO drive more carefully
- DO be more careful around the house