

TAKE ACTION



No one who sees a natural disaster is untouched by it. When a storm hits your community, lives change.

The local farming and seafood industries have been hit particularly hard by the recent storms. As you continue to deal with recovery efforts – insurance claims, cleanup, repairs, replacements, financial costs and more – you may start to feel a sense of loss or grief. You may feel

overwhelmed or stressed. These are common emotional reactions or feelings after a natural disaster.

Know the signs of stress in yourself, family members and co-workers so that you can take active steps to relieve symptoms before they become a bigger problem and result in long-term physical or emotional issues.

This guide will help you move forward.

SIGNS OF STRESS

Sadness, grief and anger are common reactions to a natural disaster. So are:

- Becoming easily frustrated.
- Worrying excessively.
- Difficulty communicating thoughts.
- Trouble sleeping or relaxing.
- Wanting to be alone.
- Blaming others for everything.
- Inability to feel pleasure or have fun.
- Overwhelming guilt or self-doubt.
- Limited attention span.
- Mood swings and crying easily.
- Difficulty maintaining balance.
- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
- Colds or flu-like symptoms.
- Poor work performance.
- Reluctance to leave the house.
- Fear of crowds, strangers, or being alone.

You are not alone in your feelings. Many others are feeling the same way about the storm and recovery efforts. Talking to co-workers, family, friends, and neighbors is important. They too are experiencing the aftermath of the storm.

HEALTHY COPING TOOLS

To better cope, focus on your strengths and abilities, and accept help from others when it is offered. Coping strategies that work include:

- Don't hold yourself responsible for disastrous events that you cannot help.
- Maintain daily routines and limit demanding responsibilities.
- Spend time with family and friends. Don't isolate yourself.
- Relax your body – take deep breaths, stretch, meditate, exercise.
- Avoid using drugs and/or alcohol.
- Do a fun thing after a stressful activity.
- Accept the realities of loss.
- Allow yourself and your family to grieve over what has happened.
- Adjust to the new situation.
- Find closure.
- Talk to someone about your feelings, even if it may be difficult.
- Prepare for the next time a disaster hits by getting a plan in place.
- Have faith in better times to come.

Contact Disaster Outreach Services, for more information about coping strategies that work.

ASK FOR HELP

For free assistance in dealing with the pressures and aftermath of wind- and-flood related storms, please call:

1-800-850-8775

Trained staff will listen to your concerns, provide information and refer you to other resources if necessary. It's free and confidential.

- If there is a life-threatening emergency, please call 911.
- For Suicide Prevention, call 1-800-273-8255. TTY users, call 1-800-799-4TTY (4889)
- For all other mental health crisis needs, please call the Washington State Mental Health Crisis Line in your county at:

FOR MORE INFORMATION, VISIT
www.dshs.wa.gov/DisasterOutreachServices

THE STORM HAS PASSED...



the Road to Recovery Continues

A GUIDE FOR FARMERS &
PEOPLE WORKING IN THE
SEAFOOD INDUSTRY TO HELP
COPE WITH THE AFTERMATH
OF A NATURAL DISASTER

