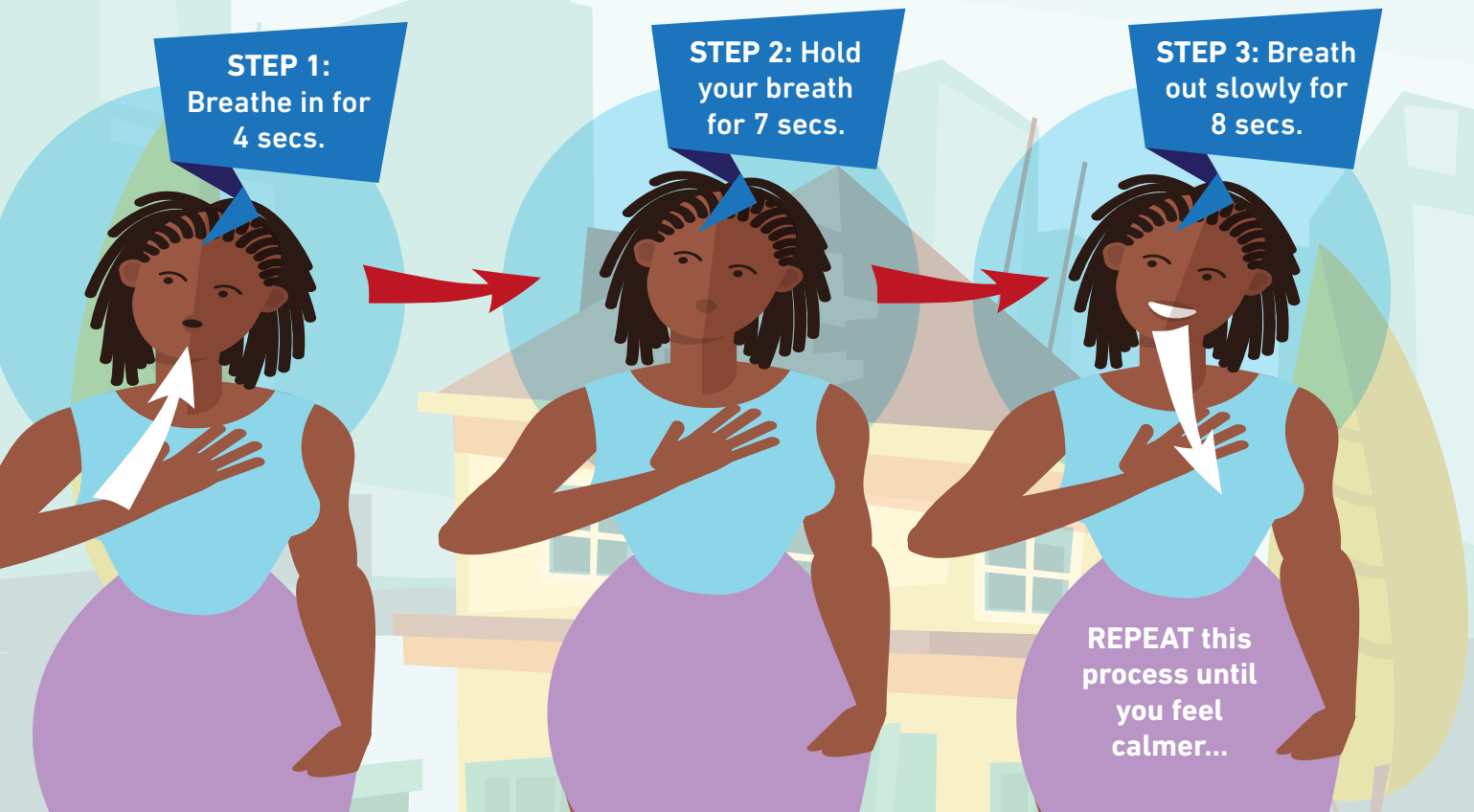


#DISASTER READY – CALM BY BREATHING

It is common to feel stress and anxiety during and after a disaster.



COMMON REACTIONS INCLUDE:

- Disbelief and shock.
- Fear and anxiety about the future.
- Difficulty making decisions or concentrating.
- Irritability and anger.
- Sadness and depression.
- Feeling powerless.
- Changes in eating patterns.
- Difficulty sleeping or falling asleep.

YOU CAN CALM YOURSELF BY TAKING SLOW DEEP BREATHS:

- Step 1: Breathe in for 4 secs.
- Step 2: Hold your breath for 7 secs.
- Step 3: Breathe out slowly for 8 secs.
- REPEAT this process until you feel calmer.

IT IS ALSO IMPORTANT TO:

- Expect the Unexpected.
- Remain in Control.

TIPS FOR COPING WITH CRISIS:

- Talk about it.
- Spend quality time with friends and family.
- Try to eat well, get plenty exercise and make time for rest and sleep.
- Limit exposure to social media and images of the disaster (doom scrolling).
- Try to resume some sort of routine that is normal for you.
- Write a list in the morning of simple tasks you want to achieve that day. Feel positive when you tick them off the list.
- Do something positive, volunteer for a community relief effort.
- Ask for help when you need it.



BE PREPARED

ADVISORY

WATCH

WARNING

Are you #DisasterReady?

