



HOW TO TAKE CARE OF YOUR EMOTIONAL HEALTH AFTER A NATURAL EVENT

Feelings of sadness, stress, anxiety, and worry are normal reactions after a natural event. Following a natural event, it is important to take care of your emotional health and that of your family. Pay attention to how they feel and act. During such times, taking care of your emotional health will help you make clear decisions to protect yourself and your family.

SYMPTOMS

- Difficulty concentrating and making decisions.
- Mood changes, energy, and appetite.
- Trouble sleeping or having nightmares.
- Headache, body aches, or skin rash.



HOW TO TAKE CARE OF YOUR EMOTIONAL HEALTH

- Eat healthy foods and be physically active.
- Talk about how you feel with a family member or friend.
- Rest as much as you can within the situation.
- Practice activities that help you relax.
- Avoid excessive exposure to news about the event.



HOW TO TAKE CARE OF THE EMOTIONAL HEALTH OF A MINOR

- Let him express how he feels.
- Talk to the child about what is happening.
- Answer all child's questions.
- Practice activities that can help the child to relax.
- Set a good example of how to take care of yourself.






If you ever feel like you're having thoughts
that keep you from doing your daily activities,

**PLEASE CALL THE FREE AND
CONFIDENTIAL 24/7**

SUICIDE AND CRISIS PREVENTION LINE

 **9-8-8**



For guidance and assistance, call the
PSM Beneficiary Service
1-866-600-4753 / 1-844-726-3345 TTY (hearing impaired)
This call is free of cost.

www.MenonitaVital.com



PSM complies with applicable federal civil right laws and does not discriminate based on race, color, age, disability or sex.
As requested, this document may be available in alternate formats such as large print, audio 1-866-600-4753 y 1-844-726-3345 TTY (hearing impaired). If you speak English, language assistance services are available free of charge. Call 1-866-600-4753 and 1-844-726-3345 TTY (hearing impaired).

References:

- <https://emergency.cdc.gov/es/coping/selfcare.asp>
- <https://www.cdc.gov/childrenindisasters/es/documents/children-coping-factsheet-spanish-508.pdf>