

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, call or text to

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9-8-8

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For guidance and assistance, call the
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References:

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