Disaster affects people in a variety of ways. All of these responses are normal reactions to an abnormal situation, which can persist for weeks after the disaster.

**DISASTER REACTIONS**

**Disaster can affect you physically**

**Disaster can affect you emotionally**

**Disaster can affect your children**

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**COPING TOOLS FOR MANAGING DISASTER-RELATED STRESS**

**Remember the 3 R’s**

**Rest**
- Take time to sleep or rest.
- Take time to relax with friends and family.
- Remember that taking care of yourself gives you the energy necessary to take care of others.

**Routine**
- Being in a routine is comforting to mind and body, and especially helpful for children.
- Even with changing circumstances, having a routine for meals and rest is important.

**Relationships**
- Spend time with others. Talk about your feelings. Others probably experience the same feelings.
- Help others in your community. Ask your friends and neighbors how they are doing.
- Be tolerant of irritability, poor concentration, and other common reactions to stress.
- Maintain a friendly attitude - a smile can go a long way to brightening someone's day.

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**WHEN AND WHERE CAN I GO FOR HELP?**

**Seek help when:**
Symptoms are highly debilitating or life-threatening (persistent hopelessness, suicidal thoughts, disorientation, extreme emotional reactions, self-neglect). Symptoms worsen over time, or persist at a high level for over a month. Other life circumstances intensify stress (loss of a loved one, divorce, financial crisis).

**Phone resources:** Call FirstLink 701-235-7335 or call 2-1-1 for Information, Referral or Crisis Management Services. These numbers are FREE, confidential, 24/7 and also available for supportive listening.