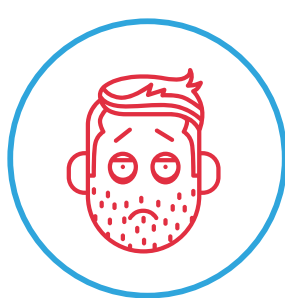


# RECOVERING FROM A

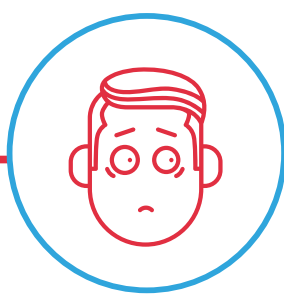
# DISASTER

WHY DO I FEEL THE WAY I DO

## COMMON BEHAVIORS



Having problems falling or staying asleep



Isolating yourself or withdrawing from others



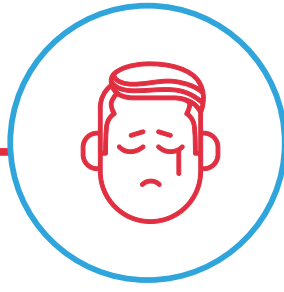
Keeping busy & preoccupied to avoid the unpleasant effects of the disaster



At times, becoming overly alert or easily startled



Experiencing more conflicts or tension with family members or other people/more anger



Crying easily or becoming tearful for no apparent reason

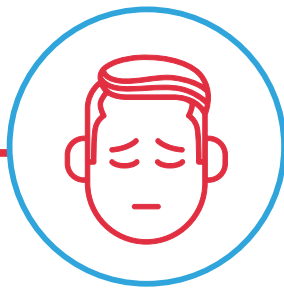


Drinking alcoholic beverages more often

## COMMON FEELINGS



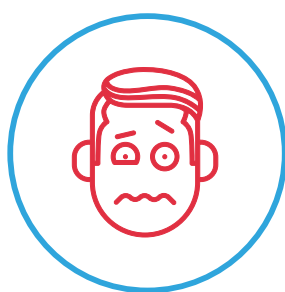
"Just not yourself," out of balance, or easily upset



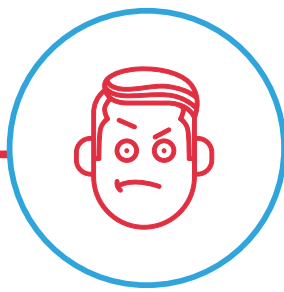
Loss of interest in everyday activities



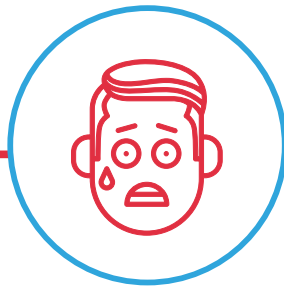
A sense of despair, hopelessness or emptiness about the future



Anxiety or fear, especially when things remind you of the disaster



Irritability, shortness of temper, or anger and resentment

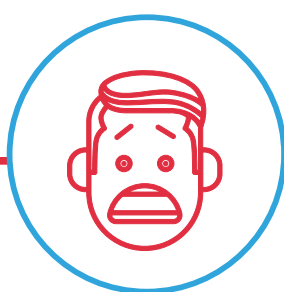


Depression, sadness, or feeling down much of the time

## COMMON THOUGHTS



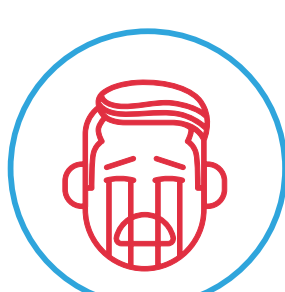
Trouble concentrating or remembering things



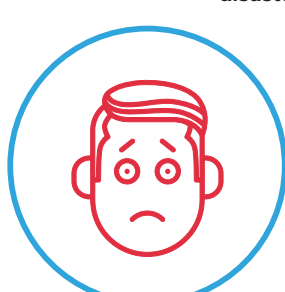
Difficulty with making decisions



Frequent replaying of the events and circumstances of the disaster in your mind



Recurring dreams or nightmares about the disaster



Questioning of your spiritual or religious beliefs