

# Recovering After a Natural Disaster

Following a natural disaster, work and family routines may be disrupted as people begin to absorb the impact to their lives and workplace operations. It is normal to experience a variety of emotional reactions that together form the foundation necessary for recovery. The initial shock, confusion, fear and grief will eventually pass. People will then unite with determination and resolve, courage and faith, and undertake the challenges of helping themselves and their communities to move forward again.

By observing behaviors and recovery patterns common in the aftermath of a natural disaster, we learn that while every person has his or her own reactions and pace of healing, there are some steps that can be taken to assist with the process. The following should help in beginning recovery.

## WHAT HELPS?

- Try to get enough rest and nutrition.
- Reach out and spend time with others.
- Let loved ones know what you're going through.
- Focus on something practical you can do right now.
- Maintain a routine & work to resume normal activities.
- Find ways to relax and practice self-care.
- Take breaks from clean up efforts now and then.
- Keep a journal about your thoughts and experiences.

## HOW CAN WE SUPPORT EACH OTHER?

- Remember that like you, your colleagues may be anxious, distracted and concerned. Make an extra effort to be patient with one another.
- Encourage your co-workers to take breaks and take care of themselves.
- Talk with co-workers to share information, ask questions, or express concerns.
- Be on the lookout for courage, resilience and good work and acknowledge it when you see it.

Looking for help? Call your EAP. We have resources to assist you, your co-workers and your family. Our professionals can help you in your physical and emotional recovery after a major event. Call us anytime.