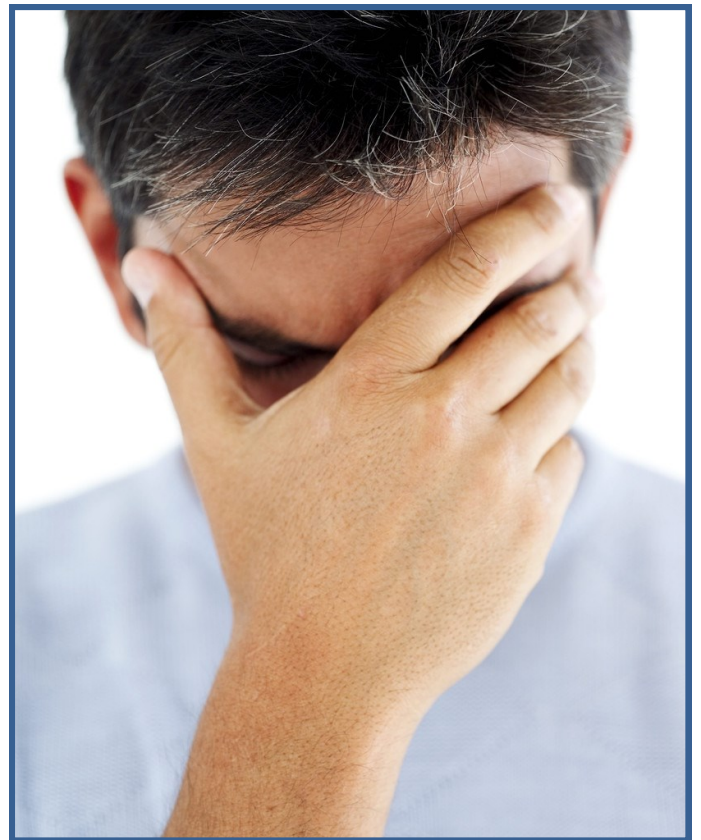


MANAGE STRESS DURING A DISASTER

Stress is a normal part of everyday life, but it can worsen when a disaster happens in your area. Increased stress can negatively affect preexisting health conditions. Learn to manage daily stress before a disaster occurs to reduce its impact on your health.

Don't forget to take care of your physical and emotional well-being.

- Get a good night's rest by sleeping at least 7 to 8 hours each night. Being well rested will help your body heal and decrease your level of stress.
- Stay active by moving for at least 30 minutes most days of the week. When you are active, your body produces a "feel-good" hormone.
- Continue to eat healthy. Eat plenty of fruits, vegetables, and lean meats. Eating healthy helps prevent high cholesterol, high blood pressure, and malnutrition.
- Stay hydrated. Drink plenty of water to replace what your body loses through everyday functions.



- Take deep breaths, and remain calm. Increased oxygen helps improve your heart rate, blood pressure, and metabolic rate.
- Take breaks whenever you need them. Pace yourself by doing one task at a time.
- Prepare in advance. Make a plan for all family members, and have plenty of supplies. Sort and label all of your medications and home medical equipment.
- Pack a grab-and-go kit, and plan for an evacuation.
- Do daily routines in their usual order after a disaster; the routines of life ensure necessary actions get done.
- Stay comfortable by keeping familiar people and objects in your environment. A familiar face can help ease anxiety.
- Keep an open line of communication with your friends and family about your emotions.
- Seek professional help, if necessary. A doctor can suggest ways to help cope with problems and lead you on the path to well-being.