

STEPS TO TAKE WHEN FACED WITH DISASTER

When we go through unspeakable pain, it's easy to dip into despair. Even if it doesn't feel like it at the time, you will get through the hurt.

ALL FEELINGS ARE OK

Pain, grief, sadness, and anger look different for everyone.

KEEP THE SAME ROUTINE

Wake up, shower, eat, exercise; keep up with the basics of self care.

LIMIT INPUT & EXPOSURE

Protect yourself from outside opinions and reliving the event.

PRIORITIZE BASIC NEEDS

Keep focused on needs and self care. Remember to hydrate and nourish your body. Put the "to do" list aside for now.

ASK FOR HELP

Reach out to see if others can help with meals, cleaning, driving, dog walking, support, listening, or simply sitting with you. You can return the kindness one day, others want to help.

WHEN YOU ARE READY

Seek professional mental healthcare to work through & process the events



REMINDE YOURSELF:

- You are not alone
- There is hope on the other side of pain
- You are allowed to feel all the feelings
- You are resilient