

## Stay Connected

*The fear associated with emergencies can push people apart.*

*People who are normally close to family and friends may avoid contact because they are afraid they might get sick.*

*State, county, and/or local officials will tell you how to protect yourself and your loved ones. Until then stay connected by phone and through e-mail.*

*If you are anxious about a health risk, talk to someone who can help. This may be your doctor, a family member, friend, clergy member, teach or mental health professional.*

*If you notice a big change in a loved one, friend, or co-worker, reach out to them. Make some time to talk. Watching out for others shows you care. It can be comforting to both of you.*

*If you or someone you know is having a hard time managing their emotions, seek help from a medical or mental health professional.*

## Get Reliable Information

*When we face uncertainty about emergencies, it is important to keep things in perspective.*

*Get information during emergencies from:*

- *Your healthcare and/or behavioral health provider*
- *Your local health department*
- *The Indiana Division of Mental Health and Addictions*
- *Indiana State Department of Health*
- *The Centers for Disease Control and Prevention*
- *Homeland Security*
- *Www.Fight/the/Flu.org*
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## COPING WITH YOUR EMOTIONS DURING EMERGENCIES



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# Allen County Behavioral Health Response Team

Telephone:  
211 Helpline

# 危机

*wei1 ji1*

*wei = "danger"*

*ji = "opportunity"*

# Handling Emergencies



The information in this brochure can help you identify and cope with anxiety related to emergencies.

It's natural to be upset when you think your health or well-being — or the health or well-being of your loved ones — may be threatened.

Hearing about emergencies, such as tornados, fires, pandemic disease, hurricanes, floods, etc. can have a powerful effect on people of all ages.

Pay attention to these feelings and take care of your own emotional needs. When you do, you can better help friends and family members handle their concerns.

## When We Don't Know For Sure

Anxiety is related to fear of the unknown. It is normal to feel anxious and worried about a spreading disease or a disaster warning, especially if there is no known cure or cause.

Coping with your feelings during times of uncertainty can be challenging, but remember, you are not alone.

All people react in their own way to emergencies.

Normal reactions include:

### Physical

- Headaches
- Tiredness
- Fast pulse
- High blood pressure
- Changes in appetite
- Unexplained aches or pains
- Trouble sleeping
- Sleeping too much
- Stomach aches

### Emotional

- Panic, anxiety
- Distrust, fear
- Anger, irritability
- Sadness, depression
- Blame
- Feeling overwhelmed
- Increased stress

### Mental

- Trouble concentrating
- Problems with work or school
- Memory problems
- Troubling thoughts that won't go away
- Concern about health issues

### Behavioral

- Avoiding others
- Increased substance abuse
- Excessive cleaning or washing
- Being overly cautious, jumpiness

Here are some ways you can cope with stress and anxiety:

- Limit your exposure to graphic news stories
- Get accurate, timely information from reliable sources
- Educate yourself about specific health hazards
- Maintain your normal daily routine, if you can
- Exercise, eat well, and rest
- Stay active — physically and mentally
- Stay in touch with family and friends
- Find comfort in your spiritual and personal beliefs
- Keep a sense of humor
- Find healthy ways to express your feelings

