

What to Expect after the Tornado



No one who experiences a disaster is untouched by it.

Effects may include:

- Anxiety, sadness, grief, and anger
- Feeling mentally drained and physically exhausted
- Increased conflicts with spouses and other family members, or co-workers.
- Increased physical complaints such as stomach aches, diarrhea, headaches
- Changes in eating and sleeping patterns
- Your children regressing to more childish behavior, or developing behavior problems

Recovery from a disaster takes time. Ways to ease the stress during this time include:

- Talk with someone about your feelings
- Maintain a regular household and daily routine
- Eat healthy foods and drink plenty of water
- Avoid excessive amounts of caffeine and alcohol, or use of illegal drugs
- Get enough sleep and rest.
- Get physical exercise
- Relax—take deep breaths, stretch, meditate, listen to music, take a bath, do something you enjoy
- Find opportunities to laugh
- Prioritize, pace yourself



When to Get Help

You don't have to be "ill" or "abnormal" to benefit from seeking help. If these symptoms persist or keep you from taking care of yourself, you can talk to someone about local resources by calling:

Johnston County Mental Health Center

919-989-5500

1-888-815-8934 (toll free)

TTY 919-989-5540