



NORMAL RESPONSES TO ABNORMAL SITUATIONS

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EMOTIONALLY



You may have feelings of **anxiety** or **fear**, **sadness**, **anger**, **guilt** (even if you had no control over the disaster), **heroism** (like you can do anything), **disconnection** from those around you, or **numb**.

PHYSICALLY



You may have **stomach aches**, **diarrhea**, **headaches** or other **physical pains** (with no known reason). You might be **jumpy** or easily **startled**.

BEHAVIORALLY



You may have trouble **sleeping** (can't fall asleep, sleeping too much or too little), a change in your amount of **energy**, a change in **eating habits** (eating too much or too little), **crying** more than normal, use of **substances**, have angry outbursts at those around you.

MENTALLY



You may have trouble **remembering things**, **concentrating**, or **making decisions**. You may feel **confused** or **worried** (for no known reasons).

These responses are not about being weak, they are about being **human**.

If your experience is different from this, that is okay too.

There are many different coping skills that can help with these responses, such as **riding a bicycle** or **talking to a friend**.