

# Harris County Community!

## Dealing with stress after a hurricane

Anyone who is involved in a natural disaster will be affected by it. If your community has been hit by a disaster, you're probably trying to make sense of what happened and deal with the stress of the situation.

### Common Signs of Stress Reactions

- Disbelief and shock
- Fear and anxiety about the future
- Hard to make decisions or concentrate
- Nightmares and reoccurring thoughts of event
- Irritability and anger
- Sadness and depression
- Loss of appetite or overeating
- Crying for no apparent reason
- Increased use of alcohol or drugs
- Inability to sleep or relax

### Tips for coping

It is normal to have difficulty managing your feelings after a traumatic event. However if you don't deal with the stress, it can be harmful to your mental and physical health. [Here are some tips for coping in these difficult times.](#)

- Talk about it
- Get plenty of rest, exercise, and eat healthy
- Avoid drugs and alcohol
- Stay in touch with your family and friends
- Do something positive by helping others
- Find time for activities you enjoy
- Ask for help when you need it



**If you feel your loved ones are experiencing mental health problems, call 713.970.7000**

**Protect your family.  
Protect yourself.  
Be healthy & safe!**

Harris County  
**HCPHES**  
Public Health & Environmental Services  
[www.hcphe.org](http://www.hcphe.org)



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