

Fire Disaster: Emotional Health and Recovery

The emotional recovery after a fire disaster can be incredibly challenging. The stress of coping with the loss of a home, personal items, pets, or other disruptions can trigger a variety of emotions that might require support. The following information can assist with knowing what to expect and ways to cope.

Disruption to emotional wellbeing may include:

- Sleep and /or diet disruption
- Extreme nervous tension
- Anxiety and /or Depression
- Difficulty with concentration or managing your emotions
- Mood swings
- Difficulty caring for yourself or your family

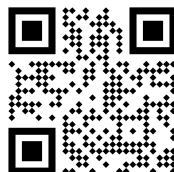
Practical ways to cope:

- Keep decision-making to a minimum
- Take frequent breaks from cleanup efforts
- Allow support from family and friends
- Avoid mood-altering substances
- Prioritize exercise, a healthy diet, and rest
- Practice meditation, prayer, or contemplation
- Be gentle with yourself
- Seek professional help if thoughts of harm to self or others are present or as necessary



EAP support available:

REACH counselors are available to provide further assistance and referrals for fire disaster, loss and other related concerns. Services are available for employees and household dependents and all information by law is strictly confidential.



1-800-273-5273
www.reachline.com
Member Password: reach