



Common Individual Reactions to Disasters



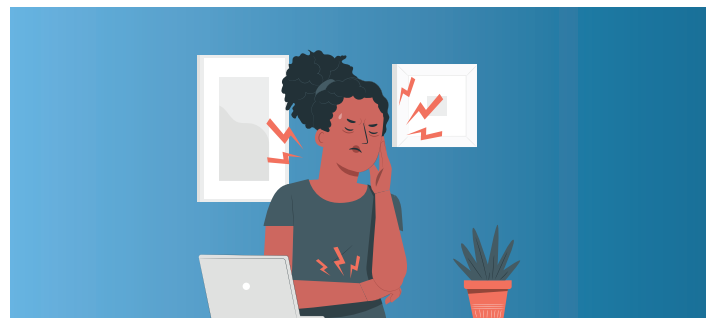
Emotions

May be intense. / May change over time.

- Disbelief
- Fear
- Helpless/hopeless
- Anxiety
- Loss of trust
- Feeling detached
- Irritable
- Anger
- Guilt
- Restless
- Sadness
- Numbness

Thoughts

- Flashbacks
- Nightmares
- Previous trauma
- Suspicious
- Blaming
- Poor concentration
- Forgetfulness
- Confusion
- Belief that life won't get better
- Fear of future disasters



Behaviors

- Isolating
- Pacing
- Work or school problems
- Fidgeting
- Fighting/arguing
- Fatigue
- Reckless/risk-taking

Physical

- Appetite changes
- Sleep changes
- Easily startled
- Hypervigilance
- Headaches
- Stomachaches
- Rapid heartbeat
- Sweating
- Chills
- Tension
- Aches & pains
- Edginess
- Sex drive changes

Free & confidential help

For help 24/7 with behavioral health crises or suicide concerns, call or text **988**

DOUGLAS & WASHINGTON COUNTIES
Call Region 6 Behavioral Healthcare & ask for storm outreach
402-444-6573 Mon-Fri, 8am-5pm