

Be Aware of Long Term Stress

The loss or damage to your home, property and personal belongings has led to months of effort to recover and rebuild.

While physical property and possessions are concerns that consume your time and energy, emotional reactions to disaster are often pushed aside or ignored.

As you endure long-term stress, your health can be adversely affected. Headaches, stomach or intestinal problems, colds, viruses, and allergies may occur more frequently.

You have been through an exceptionally stressful situation and may still experience emotional reactions. Be aware of signs of stress.

Signs to Watch

- Difficulty falling or staying asleep
- Irritability or outbursts of anger
- Excessive drinking/ drug use
- Difficulty concentrating
- Excessive worry, hyper-vigilance, or extreme concern
- Self-doubt
- Sudden painful emotions
- Avoidance
- Worsening medical conditions

Ne'bthaska Strong: Umo'ho" Flood Recovery Project 1-800-464-0258



Stress and Distress are common when recovering from flood damage.

You are not alone.

Please call
Free & Confidential
Rural Response Hotline

1-800-464-0258

As recovery continues this Spring, you may still have reactions to the flood and its impact.



Recovering from last summer's flood can be a long-term process, especially if you have lost your home or belongings. You may have ongoing financial strains from the damage and loss of home, business, or personal property.

- Some people may have more thoughts, feelings, and memories about the event.
- It's common to feel grief and sadness again.
- It's also common to experience fear, anxiety or even anger or guilt prompted by reminders of the season.

Adjusting to life after an event like this takes time

- You may still experience a variety of emotions.
- Everyone has different needs and different ways of coping.
- Acknowledging your feelings helps you recover.
- Accepting help is a sign of strength

Take care of yourself.

- Eat healthy foods and get plenty of rest.
- Accept help from others when it is offered.
- Take time to relax.

If your reactions become a problem or interfere with your day-to-day life, it may be time to seek help.

See your doctor, or call the hotline for free, confidential assistance.

Looking to the future

This Spring is a natural time to think about flooding. For community members whose homes were flooded last year, it may be a very stressful time. For some it may also be a time to reflect on the how far they have come or have yet to go to reconstruct their lives.

There are many ways you can help your community during this time of reconstruction:

- » Consider how your community will mark the anniversary of the flood
- » Plan to include flood survivors in anniversary activities
- » Remember to include businesses, responders and volunteers in commemorative events
- » Volunteer to form or be part of a long term recovery group for your community
- » Offer practical help like cooking, running errands, walking pets, or babysitting as people continue with clean up and rebuilding