

Managing Holiday Stress Following the Floods

Holiday stress is common with busy schedules and numerous events. This year may present more than the expected challenges as flood survivors recreate family traditions. Flood survivors commonly experience increased feelings of isolation and insecurity about the future, sadness over losses related to the flooding. Children and adolescents often take their cues from adults and also may experience these feelings along with anger and fear, sleep disturbances and school performance problems.

Here are some suggestions for managing holiday stress following a disaster:

- 1 Take time to reminisce and talk about past holidays while creating new traditions
- 2 Focus on what is really important to you and your family to move ahead
- 3 Monitor alcohol and medication use carefully
- 4 Take care of yourself (eat well, exercise and get enough sleep)
- 5 Helping other people sometimes makes all the difference
 - Be a good listener for your children
 - Volunteer or provide support to someone in need

Nebraska Strong: Disaster Recovery Project

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