



Quick Tips for Managing Stress after the Hurricane

- Be very patient.
- Decide what's really important, bearing in mind that your mate's point of view on what is top priority may be different from yours.
- Don't expect things to immediately return to normal. Accept that your life, physically and emotionally will take time.
- Know that other hurricane victims suffered losses, and it's normal for them to express disbelief, anxiety, anger, sadness and depression afterwards.
- Understand that the emotions of hurricane victims can swing dramatically and moods could change without warning.
- Notice your children's feelings. They need to feel they can rely on you for the extra love, comfort, attention and support necessary to get through this disaster.
- Keep your family diet as nutritious as possible.
- To build a sense of capability, try to focus on the big picture, rather than little details and problems.
- Talk with family, friends and clergy. A caring network is essential to your recovery.
- Resist the temptation to revert to personal bad habits while under stress.

For additional hurricane information visit: <http://www.lsuagcenter.com>

Made available by: Rebecca E. White, Extension Specialist, Family Development, LSU AgCenter, LSU.
Developed by: Wayne Matthews, Extension Specialist, North Carolina State University.

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