



COPING *AFTER* A NATURAL DISASTER

California Winter Storm

If you turn on the TV, pick up a newspaper or go on the Internet, you'll likely find the news is full of negative stories, including natural disasters around the world. But when a tragedy strikes closer to home — like in your community — it may be even harder to process.

While people may respond to and deal with a natural disaster in different ways, there are several tools and resources available to you on [liveandworkwell.com](https://www.liveandworkwell.com).

Disaster Planning & Recovery Center: Type the keyword "disaster" into the search bar, select the *Disaster Planning & Recovery Center*. Here you'll find information on preparing for and recovering from natural disasters and links to national organizations too.

Coping Center: Type the keyword "coping" into the search bar, select *Coping*. Here you'll find supportive resources to help you deal with the emotional effects of a disaster.

Visit www.liveandworkwell.com and enter with your company access code.

Optum Public Crisis Line: Our toll-free emotional support help line at (866) 342-6892 is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.

Some Disaster Safety Tips to Follow

- Listen to local officials for updates and instructions. Evacuate if necessary.
- Check-in with family and friends by texting or using social media.
- Return home only when authorities indicate it is safe.
- Watch out for debris and downed power lines.
- Photograph the damage to your property in order to assist in filing an insurance claim.
- Be prepared for the future with a disaster preparedness kit and family communication plan.

Some Tips for Recovering from a Traumatic Event

- **Start a dialogue.** Reach out to friends or family for support. It's one simple way to help process a natural disaster.
- **Choose when to connect.** Disconnecting from media may give you time to focus on important things — like your health or stress management.
- **Change your perspective.** Try to find something you've learned from the negative experience. It may be helpful to gain a broader perspective.
- **Focus on your feelings.** Acknowledge your feelings as they occur to you. Self-awareness is an important first step in learning to manage your feelings
- **Pay attention to your health.** Don't forget the importance of regular exercise*, a healthy diet, and good sleep.

*If you're pregnant, physically inactive or have a health condition like arthritis, diabetes or heart disease, check with your doctor before starting an exercise program or increasing your activity level. They can tell you what types and amounts of activities are safe for you.

Additional National Resources:

FEMA (Information about Federal Assistance) – <http://www.fema.gov>

American Red Cross – <http://www.redcross.org/>

CDC (Emergency Preparedness) – <http://emergency.cdc.gov/>

Ready.gov (Preparation and Recovery) – <https://www.ready.gov/wildfires>

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