

# Feeling Overwhelmed?

## Coping With Stress after a Disaster

After a disaster experiencing distress and strong emotional reactions such as fear, sadness, anxiety, anger, and helplessness are common. These are normal reactions. Understanding these reactions can help you cope.

### Ways to cope:

- Understand that it takes time to cope, adapt & heal.
- Focus on your strengths and abilities.
- Ask for help.
- Accept help from friends and the community.

**Feel overwhelmed?  
Concerned about someone else?  
You can find help by calling LifeNet:**

**1-800-543-3638 (English)  
1-877-298-3373 (Spanish)  
1-877-990-8585 (Chinese)  
1-212-982-5284 (TTY)  
Free. Confidential. 24/7.**