

Tips of the Week

1

A disaster, crisis, or other troubling event can cause traumatic stress, make you feel unsafe, and leave you feeling helpless.

2

Some signs of traumatic stress include: Bad dreams and thoughts, trouble controlling your emotions, acting violent, purposefully doing things that might hurt you, and acting jumpy and scared.

3

Think about small steps you can take in returning to your community like going on a walk.

4

Be patient with yourself and others, this is a time of transition for everyone.

5

When taking a staycation, plan time off from work and typical household chores and find activities you don't typically do and let the kids have some input.

6

When taking a vacation, research restrictions and make plans accordingly such as restaurant reservations.