

Strategies for Emotional Recovery

Disaster Phase	Strategies
Predisaster	<ul style="list-style-type: none"> <input type="checkbox"/> Work with NGOs and local groups to ensure that an educational program is in place to: <ul style="list-style-type: none"> <input type="checkbox"/> Educate the community about the emotional impact of disasters and emotional healing. <input type="checkbox"/> Make sure that people understand what kinds of emotional response are “normal” in the wake of a disaster so they can recognize if their symptoms are “crossing the line” into something more serious. <input type="checkbox"/> Promote psychological resilience through healthy lifestyles such as exercise, hydration, talking with coworkers, and meditation—all of which can reduce stress.
Disaster and Postdisaster	<ul style="list-style-type: none"> <input type="checkbox"/> Take preventive measures with response personnel, such as rotating personnel and enforcing rest schedules. <input type="checkbox"/> Provide qualified personnel (e.g., Crisis Management Teams, NGOs) to provide “psychological first aid” to trauma survivors and workers. This may include: <ul style="list-style-type: none"> <input type="checkbox"/> Listening to concerns, conveying compassion, assessing needs, ensuring that basic physical needs are met, and protecting the individual from further harm. <input type="checkbox"/> Normalizing postdisaster emotions, and conveying what recovery looks like. <input type="checkbox"/> Affirming the strength and resilience of the human psyche. Hope is a great healer. <input type="checkbox"/> Attend to your own emotional health. Get rest, eat properly, and seek out an empathetic ear when needed. Be attuned to signs of stress in yourself. <input type="checkbox"/> Encourage individual stress reduction. Discuss healthy and unhealthy approaches to reducing stress. <input type="checkbox"/> Encourage people to engage in their own emotional healing by taking charge of physical recovery, planning for personal safety, staying informed, and using a support network. <input type="checkbox"/> Provide information about where to get help with physical, financial, and emotional recovery.