

# Taking Care of Psychological & Emotional Needs

It is natural to be upset when you think your health or the health of your loved ones is threatened. Pay attention to your own feelings and take care of your emotional needs, then you can better help friends and family members handle their concerns.

Uncertainty  
*Stress*  
Anxiety  
Fear  
Feeling Helpless

## Coping with uncertainty:

Anxiety can be related to fear of the unknown. It is normal to feel anxious and worried during an emergency.

## Reactions to emergencies:

People often experience changes in their physical, emotional, or mental state during and after emergencies. For example, they may have trouble sleeping, experience anger or depression, or have problems at work or school. These are among the many normal reactions to an emergency situation. There are things you can do to cope with these problems. However, if these reactions seem extreme or last for a long time, the person suffering the condition should seek help.

## Coping with stress and anxiety:

- Limit your exposure to graphic news stories.
- Get accurate, timely information from reliable sources.
- Learn more about the specific hazard.
- Maintain your normal routine, if possible.
- Avoid drugs and excessive drinking
- Exercise, eat well and get enough sleep.
- Stay active physically and mentally.
- Stay in touch with family and friends.
- If you can, help others.
- Keep a sense of humor.
- Share your concerns with others.

## Stay connected:

It is important to stay connected with others. Use the telephone and email or other social media tools.

Ask for help if you need it. If your anxiety gets in the way of your daily life, talk to someone you trust. This may be your doctor, a family member, friend, clergy member, teacher, or mental health professional.

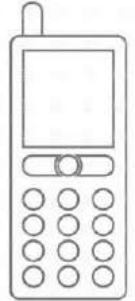
If you notice a big change in a loved one, friend, or coworker reach out to them. Make some time to talk. Watching out for others show you care and it can be comforting for both of you.

If you or someone you know is having a hard time managing emotions, seek help from a medical or mental health professional.

## Get reliable information:

When an emergency happens, it is important to keep things in perspective. Get information about the event from:

- Newspaper, radio, television
- Your local Emergency Management Office
- Washington State Emergency Management



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