

Earthquake Aftermath: Taking Care of Yourself

Having just experienced the shock of an earthquake, you may be struggling with a wide range of emotions. Understanding the common responses to a disaster can help. Acknowledging your feelings and other coping techniques will also help you return your life back to normal.

Common Responses to a Disaster

Many victims of disaster will have at least one of these responses:

- Irritability/anger
- Sadness
- Fatigue
- Headaches or nausea
- Loss of appetite
- Hyperactivity
- Inability to sleep
- Lack of concentration
- Nightmares
- Increase in alcohol or drug consumption

Helpful Coping Techniques

Acknowledging your feelings and stress is the first step to feeling better. Other helpful things to do include:

- Talk about your earthquake experience with others
- Pay attention to your health, diet, and adequate sleep
- Prepare for possible future emergencies

Content excerpted from the Los Angeles Fire Department Earthquake Preparedness Handbook.