



# Stress & Change Following a Disaster or Crisis Event



866-327-2400 | [eap@deeroaks.com](mailto:eap@deeroaks.com)

[www.txhhsseap.com](http://www.txhhsseap.com)

Crisis events and natural disasters such as wildfires, tornadoes, hurricanes, and floods can be devastating. You may be directly affected- your home, your family, your lifestyle, and your community or you may be concerned for the well-being of others.

During times of change and disaster, most people experience an increased level of stress. Sometimes the stress reaction appears after a few hours or days following the event. Other times, signs and symptoms will appear after a few weeks or even months.

Stress affects us all a little differently, but you may notice some of these reactions:

- *Physical*: fatigue, difficulty sleeping, changes in appetite
- *Behavioral*: restlessness, changes in behavior/habits, difficulty getting things done
- *Cognitive*: easily distracted, difficulty concentrating, difficulty making decisions
- *Emotional*: depression, anger, sudden mood changes, confusion, feeling overwhelmed

## Be Your Own First Responder

There are steps you can take to help you cope with this stress:

- Get extra rest
- Eat well
- Exercise
- Meditate
- Get support: talk to family, friends and coworkers
- Talk to a professional

## Services Available through your EAP

Getting help when you need it is a good way to take control of your life. Deer Oaks, your EAP, is here to provide free, confidential guidance and resources when you need it most.

- In-the-moment telephonic support
- Short-term counseling
- Family counseling
- Referrals to local resources and support groups
- Online articles and information

Call your EAP today for 24/7 confidential assistance.