

COPING TIPS FOR TRAUMATIC EVENTS AND DISASTERS



Limit news consumption

This can increase stress and anxiety and make people relive the event over and over.



Get enough rest and sleep

Avoid using cell phones or laptops in bed, and avoid drinking caffeine or alcohol at least one hour before going to bed.



Establish and maintain routine

Eat meals and maintain a sleep schedule. Schedule exercise into your daily routine as well.



Avoid making major life decisions

Big changes can be stressful on their own. Making big changes during times of disaster could make adjustment even more difficult.



Understand there will be changes

Disasters can affect and disrupt the lives of people. Homes, schools, businesses, and more may be destroyed. Take time to cope with these changes.

Use the following link for more in-depth information and additional resources from SAMHSA
<https://www.samhsa.gov/find-help/disaster-distress-helpline/coping-tips>



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