

# Disaster Psychology

## PREPAREDNESS



When disaster strikes, physical assistance may not be only part of what survivors need. "Psychological First Aid" for disaster-induced stress and trauma will help the survivors.

Disaster-induced stress and trauma are "normal reactions" to an "abnormal" event.

Emotional reactions will vary and may be influenced by:

- Prior experience with the same or similar event
- The intensity and length of the event
- Pre-incident stressors
- The length of time since the event
- Loss of loved ones, housing etc. . .

Emotional reactions can vary depending upon the phase of the event:

- ☞ Before the event, as concern escalates and information is made available through the media and the authorities
- ☞ During the event's impact - responding to the immediate effects of the disaster
- ☞ Immediately after the event's impact when rescue may be needed
- ☞ Immediately after the event when an inventory is made of losses - personal and material
- ☞ Well after the event during recovery

### Traumatic Stress Reactions

A traumatic stress reaction is an emotional aftershock of a disaster or other significantly stressful event. Symptoms may occur immediately after the event or weeks after the event is over.

Some common signs/symptoms of emotional reactions to a disaster:

#### Physical

- Nausea and/or upset stomach
- Dizziness
- Headache
- Restlessness
- Difficulty sleeping

#### Emotional

- Anxiety and/or fear
- Guilt
- Grief and/or depression
- Anger

#### Cognitive

- Nightmares
- Confusion and/or disorientation
- Difficulty concentrating

#### Behavioral

- Avoidance and/or withdrawing
- Emotional outbursts
- Erratic behavior

**Dial 9-1-1 for life threatening emergencies**

## Emergency Contacts

Emotional emergencies or information 24 hours a day in Bergen: 262-HELP (201-262-4357)

Physical emergencies - dial 9-1-1

Taking care of yourself following a traumatic event . . .

- ✓ Try to rest a bit more
- ✓ Contact friends and talk
- ✓ Re-establish your normal schedule as soon as possible
- ✓ Fight against boredom
- ✓ Physical activity can be helpful
- ✓ Eat well-balanced and regular meals (even when you don't feel like it)
- ✓ Avoid alcohol and drugs taken without physician recommendation/prescription
- ✓ Recurring thoughts, dreams or flashbacks are normal - don't try to fight them - they'll decrease over time and be less painful
- ✓ Seek out professional help if the feelings become prolonged or intense

Taking care of others following a traumatic event . . .

- ☞ Listen carefully
- ☞ Spend time with the traumatized person
- ☞ Offer your assistance and a listening ear even if they have not asked for help
- ☞ Help them with everyday tasks like cleaning, cooking, caring for children etc . . .
- ☞ Give them time to be alone
- ☞ Help them stay away from alcohol and drugs
- ☞ Keep in mind what they've been through
- ✗ Don't try to explain it away
- ✗ Don't tell them that they are lucky it wasn't worse
- ✗ Don't take their anger, other feelings or outbursts personally

Get further assistance if . .

- The person is having life-threatening symptoms
- The person is suicidal or homicidal
- The person is out of control

