

## Know How to Relieve Stress

### Keep Yourself Healthy:

- Eat healthy foods, and drink water.
- Avoid excessive amounts of caffeine and alcohol.
- Do not use tobacco or illegal drugs.
- Get enough sleep and rest.
- Get physical exercise.

### Use Practical Ways to Relax:

- Relax your body often by doing the things that work for you—take deep breaths, stretch, meditate, engage in pleasurable hobbies, or even do something as simple as washing your face and hands.
- Pace yourself between stressful activities, and do a fun thing after a hard task.
- Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family.
- Talk about your feelings to loved ones and friends often.

### Pay Attention to Your Body, Feelings, and Spirit:

- Recognize and heed early warning signs of stress.
- Recognize how your own past experiences affect your way of handling this event, and think of how you handled past events. Focus on the ways you handled them well.
- Know that feeling stressed, depressed, guilty, or angry is common after a traumatic event.
- Connect with other survivors of traumatic events or violent crime, many of whom may experience similar difficulties.
- Take time to renew your spirit through meditation, prayer, or helping others in need.

### Have a Plan to Manage Your Tasks:

- Do the important things first. If necessary, find a safe place to stay. Tell family where you are and how they can contact you. Get water and food. If needed, get papers for your property, insurance, bank, and medical records, and job qualifications from agencies if you lost them in the traumatic event. It may take time to feel like you've regained control over your life. Be patient with yourself and others.



## Yuba County Victim Services

209 6th Street

Marysville, Ca 95901

**(530)741-6275**



## Sutter-Yuba Behavioral Health

1965 Live Oak Blvd.

Yuba City, Ca 95991

**(530)822-7200**



# CALIFORNIA HOPE



## CRISIS HOTLINE

## **(530)812-7806**

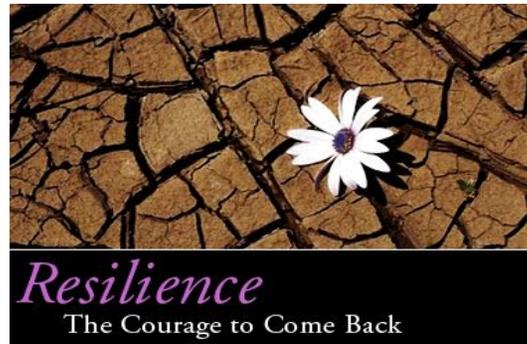
*RESILIENCE: THE COURAGE TO COME BACK*

## Support for Survivors after the Cascade Fire

Those who have suffered loss as a result of the October 9th Cascade fire may be experiencing stress. In these difficult times, we can experience overwhelming feelings of sadness and loss. We have provided a list of suggestions that may be helpful as you cope with your grief. If these are not enough, please contact us at (530)812-7806 so that we can further assist you with reducing your emotional pain.

The following are tips for coping with the holidays after experiencing a disaster.

- ◆ Be patient with yourself as you continue to heal.
- ◆ Let your feelings out. To feel better in the long run, you need to take time to grieve and cry. Don't push your feelings away or hide them.
- ◆ Recognize that others are responding to the situation differently.
- ◆ Try not to overindulge in drinking or eating to escape your stress.
- ◆ Be sure to get enough rest and sleep. Sleep can help to relieve stress.
- ◆ Spend time with family and friends. Don't isolate yourself.
- ◆ Remember to think about what is important in life. Take time to look forward to the future, but remember to live in the present.



Additional tips for coping after experiencing a disaster:

Do something, no matter how small, for yourself each day.

Maintain as normal of a schedule as possible.

Be sure to embrace your memories.

Be sure to take the time to share your memories with family and friends. Some memories bring laughter, and some bring sadness, and it is okay to laugh and cry. Be sure to think about the positive things in your life.

Reach out for support. If you are feeling Lonely or isolated, contact the **California Hope Team** or other local resources!

**ACKNOWLEDGE THAT YOU HAVE BEEN THROUGH A SIGNIFICANT EVENT AND IT WILL TAKE TIME TO HEAL.**

When is it time to seek more help?

After a traumatic event, a person may need extra help if he or she is going through any of the following:

Trouble working or taking care of family

Heavy drinking or any use of drugs

Trouble with falling or staying asleep or with nightmares

Trouble enjoying life

Feelings of fear, guilt, or denial

Difficulty with solving problems or concentrating

Loss of or increase in appetite

Any other negative symptoms that make life difficult

Please call the **California Hope** Crisis line on the front of this brochure if you need help coping .

