

Stay Well as a Hurricane Approaches

Limit your News Consumption

It's important to keep track of where the storm is, but limit your consumption to the morning and the evening and do not watch all day.

Prepare for the Storm

Before a hurricane, focus on preparing yourself and your family. The more prepared you are, the less anxious you will feel.

Notice the Signs of Stress

You may snap at people or be short tempered. Other signs of stress: sleep problems, crying, and loss or increase of appetite. Once you notice these stress signals, seek calming activities that will help you relieve stress.

Identify Calming Activities

Each person will have their own preferences for what relieves stress. Some ideas include, exercising, taking a hot bath, journaling, yoga, listening to music and engaging in hobbies.

Stay Busy

Regardless of the specific activity, keeping yourself busy and being productive can add to your sense of control and improve your mental well-being.

Seek Support if you are Struggling

Even with these tips in practice, it can be hard to cope. The Substance Abuse and Mental Health Services Administration offers a free crisis line for people who have experienced disaster and this can be a good resource for urgent support. You may call 800-985-5990 or text **TalkWithUs** to 66746.

