

# Are you Stressed?

## RESOURCES FOR PEOPLE IN DISASTER, EMERGENCY OR CRISIS

### When Terrible Things Happen

#### What Helps:

- Talk with and listen to others
- Do things that help you relax:
- Breathe deeply
- Listen to music
- Do things you enjoy like sports, hobbies, reading
- Move your body, exercise
- Eat healthy
- Get enough sleep
- Try to keep a normal schedule
- Learn what things stress you out
- Check in on friends and family
- Focus on what you can do instead of what you cannot do
- Take breaks from the news and social media

#### What Does NOT help:

- Smoking, drinking, or using drugs more than you should
- Avoiding thinking or talking about the event
- Avoiding family, friends, or activities
- Watching a lot of TV, and social media
- Playing a lot of computer or video games
- Doing risky things like driving dangerously or abusing substances

### Psychological First Aid (PFA)

Psychological First Aid is a tool to help people reduce stress symptoms in themselves and others after a traumatic event or crisis.

- [Psychological First Aid](#)

#### Online Training:

- [Psychological First Aid: A Minnesota Community Support Model](#)

#### Phone App:

- [Psychological First Aid Tutorial](#)  
For iPhone and Android

### Signs of Stress Related to a Crisis

- Sleeping or eating problems
- Pulling away from people & events
- Having very little or no energy
- Feeling sore or in pain
- Feeling sad, numb, helpless, hopeless, confused, forgetful, angry, upset, worried, or scared.

## Warning Signs: Get Help Now!

If you, or someone you know, is talking about harming themselves or others, get help now! Contact the Disaster Distress Helpline (1-800-985-5990). Danger signs include:

- Thinking of hurting or killing yourself or someone else
- Saying things like wanting to "end it all" or "go to sleep and never wake up again"
- Giving away possessions
- Unable to perform daily tasks
- Excessive anger
- Yelling or fighting with family or friends
- Driving under the influence
- Using drugs

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10/23/2024

## Having Trouble Coping After a Crisis or Stressful Event?

### Disaster Distress Helpline

The SAMHSA\* Disaster Distress Hotline is available for call or text 24 hours a day, 7 days a week. It is free and confidential.

PHONE: 1-800-985-5990 and press 2

TEXT: "TalkWithUs" to 66746

For Spanish: "Hablanos" to 66746

\*SAMHSA: Substance Abuse and Mental Health Services Administration