

Taking Care of Your Emotional Health

While deployed, you may encounter loss of life, serious injuries, missing and separated families, and destruction of whole areas. It may help to consider the emotional reactions that others experience working under such conditions, to understand your own responses.

Typical Reactions to Disaster Response Experience	Ways To Take Care of Your Emotional Health
<ul style="list-style-type: none">▪ May feel profound sadness and grief.▪ May feel anger.▪ May not want to leave the scene until the work is done.▪ May try to override stress and fatigue with dedication and commitment.▪ May deny the need for rest and recovery time.	<ul style="list-style-type: none">▪ Take advantage of session(s) offered by the Critical Incident Stress Management Team (if available).▪ Take advantage of opportunities for rest.▪ Talk about your feelings with your family, friends, and coworkers.▪ Seek professional help if you continue to experience troubling emotions.