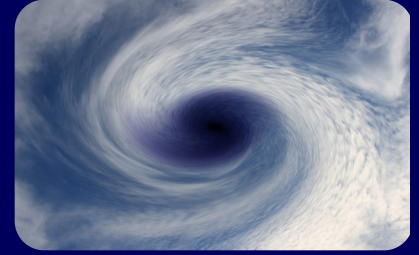


Keeping It In Perspective

Staying Strong Emotionally



Understanding the common emotional responses as hurricane season approaches can go a long way in helping you to prepare and keep your emotions in check. While our brains provide us with healthy “fight or flight” signals when we are faced with possible danger, our ability to plan ahead can help to reduce the fear and stress, enabling us to focus better on what we need to do to take care of ourselves and our families.

- **Be prepared.** Hurricane season begins June 1 and goes through November 30 every year.
- **Eat healthy foods.** Eat at regular times and don't skip meals. Keeping your blood sugar level stable also helps to keep your mood stable.
- **Limit caffeine.** Too much caffeine can make you edgy. Drink decaffeinated coffee, tea, colas, or other sodas.
- **Avoid nicotine and alcohol.** They contain chemicals that can cause anxiety.
- **Stick to your normal sleep schedule as much as possible.** Staying rested assists you in being prepared.
- **Don't over-commit.** Many people may need help after a hurricane but trying to do too much all at once can bring on stress.
- **Maintain as much of your daily routine as possible.** The comfort of doing routine things in the wake of a hurricane can help relieve anxiety. Getting back to work is part of this routine.
- **Limit your television news viewing.** Tune in for occasional updates but limit your exposure.
- **Keep family members close by** if it makes you feel better. Being protective about your family's safety is a good way to channel your energy.
- **Do something for someone else.** Take attention off your own worries and do something nice for someone else. This can help you to keep perspective.
- **Talk to someone.** If you start to feel overwhelmed by your emotions, talk with a friend, family member, doctor, religious advisor, or your EAP.

Make the Call!

USPS Employee Assistance Program
1-800-327-4968
(1-800-EAP-4-YOU) TTY: 1-877-492-7341
www.EAP4YOU.com

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