

**Brought to you by Mono County Behavioral Health
760.924.1740**

IF you have lost your house:

It is normal to have any or all of the following reactions:

Difficulty concentrating or focusing
Feeling numb or extremely sensitive or both
Difficulty sleeping and/or eating
Nightmares
Feeling lost
Lack of energy
Feeling urgent to get as much done as quickly as possible (even when it isn't possible)
Intrusive thoughts
Inability to connect to others
Intense Fatigue
Anxiety Symptoms
Shock and Overwhelm
Increased startle response
Loss of interest in pleasurable events
Flashbacks and strong responses to noises (such as wind, loud bangs, etc)
Intense anger and/or irritability

If you have not lost your house, but your neighbor's have:

Any of the above plus--
Intense guilt
“Survivor Guilt”
Feeling on the “outside”

What to do:

The basics!
Get rest
Create a routine and/or schedule
Take your time. Emotional recovery cannot be rushed
Talk, talk, talk about what happened, how you feel, etc.
Stay hydrated, eat well, get exercise
Connect with others through your community, family, friends or place of worship
Pay attention to and reduce how much alcohol or other drugs you are using to cope
Spend time enjoying the beautiful and magical place where you live

Remember that having a strong response to this is totally and completely normal. Not everyone will have the same reactions—some will have more, some less, some now, some later.

***IF any of the above persist for more than a couple of weeks please give us a call.
IF any physical symptoms persist, please see your Primary Care Provider.***

***IF you or someone you know have persistent feelings of suicide call immediately.
IF it's an emergency, call 911.***