

4. Guidance in Times of Crisis

When there is a natural disaster, terrorist attack or crisis, we provide expert content to support and guide your staff.

Families Powerless Following Ike's Destruction *Stress a Serious Health Risk*

ATLANTA Sept. 15, 2008 – With 2 million people displaced from their homes and 2.5 million lacking power, the destruction caused by Hurricane Ike's forceful winds goes far beyond the damaged buildings in Texas and Louisiana. Families are now under unbearable stress as they await news of what will be left when they return home.

Gulf Coast families have watched for months as hurricane after hurricane has threatened their homes and their lives. Chronic stress has now replaced the more common acute stress. And with the plague of uncertainty that has hit millions of families, that chronic stress isn't going away anytime soon.

One person can make a difference. One person in control can save another life or hundreds of other lives. Think heroes of Sept. 11, 2001 and Hurricane Katrina.

Hold on to internal anchors. You may not be able to change your circumstances, but you can control how you respond inside.

Talk about it. Share feelings with friends and family to reduce stress.

Children mirror parents' stress. Children are the most innocent victims of disaster stress. They live with a sense of insecurity, fear and confusion, which manifests itself in a myriad of ways, including nightmares, lack of concentration, confusion and anger. **Touch your child.** Physical touch reassures your child and makes them feel safe. **Reassure your child.** Look into their eyes and say, "We are together, we are safe, we will survive."

Ask for help. If you feel yourself slipping into depression or anxiety attacks, withdrawal or volatile mood swings, get help from someone – a pastor, doctor, nurse or health care professional.

Physical and Emotional Symptoms of Stress Include:

- Disbelief and shock
- Fear and anxiety about the future
- Disorientation; difficulty making decisions
- Emotional numbness
- Anger—Irritability
- Depression—Sadness
- Feeling Powerless
- Crying
- Physical complaints: headaches, insomnia



Contact Us

**We are delighted to provide you
any additional information you require.**

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