

*From the Desk of...*

*Laurie Nadel, Ph.D.*

[THEFIVEGIFTS@GMAIL.COM](mailto:THEFIVEGIFTS@GMAIL.COM)

*Tel: 516.368.4552*

### ***DID YOU KNOW...?***

**The first 24-48 hours after a disaster can be damaging to your health?**

Acute stress symptoms include: **headaches, nausea, vomiting, confusion, and disorientation.**

**Rapid emotional first aid should be in everyone's go-kit:**

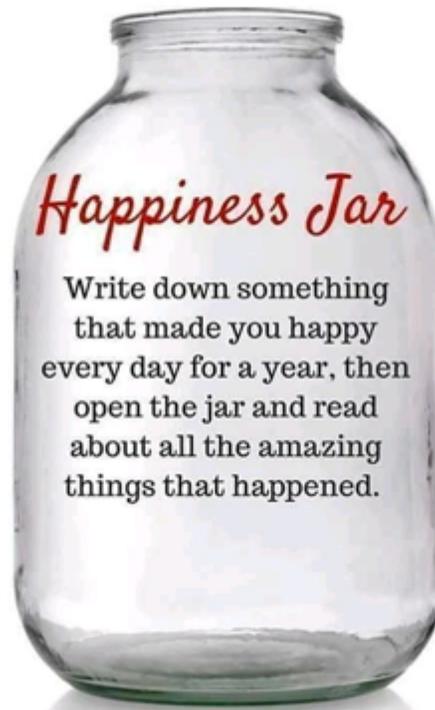
1. Pack **Ziploc bags** for receipts and a **notebook/pens.**
2. **Put ALL receipts in Ziploc bags.** This will give you a **sense of control** when FEMA, insurance adjusters, banks ask for all storm-related receipts.
3. Use **notebook** to keep a **log of everyone you speak to and their phone numbers.** You will get lots of **conflicting information** while you are in a state of shock. Names and phone numbers will help you stay calm when you are **feeling out of control.**
4. **Do not isolate.** Stay with other people. It will help you stay focused and can prevent **depression.**
5. **Eat regular meals** even when you don't feel like it. Choosing your meals will give you a **sense of control** which is important after an event you were helpless to prevent.
6. **Hydrate.** Drink lots of water. Avoid alcohol.
7. **Tell your story.** Again. And again. It will help you feel calm.
8. Ask **someone else** if they need help.

9. Anxious? **Breathe in a soothing color** and **exhale** your stress by breathing out **a different color**. **Repeat** until you feel calm. Great for kids, too!

(For a **YouTube clip** of **Dan Rather** interviewing me on how these Emotional First Aid tools work, go to [www.laurienadel.com/FiveGifts.html](http://www.laurienadel.com/FiveGifts.html) or go to the Five Gifts page on the drop-down menu.)

10. Take a **newsbreak**. **Turn off all TVs and screen devices**. **Vicarious traumatization is real**. **Hours of exposure to images of destruction reinforce the initial trauma and increase the likelihood of PTSD**. (This is a real thing in the *American Psychiatric Association DSM 5*.)

*Rx*: **Do something that makes you smile. Even if it's just once a day.**



**PS. Don't forget to remember...**

I know, you're sad, so I won't tell  
you to have a good day.  
Instead, I advise you to simply have  
a day. Stay alive, feed yourself well,  
wear comfortable clothes, and don't  
give up on yourself just yet.  
It'll get better.  
Until then, have a day.

For **more tips** on getting through disaster, see ***The Five Gifts: Discovering Hope, Healing and Strength When Disaster Strikes***  
by Dr. Laurie Nadel (Foreword by Dan Rather)

Dr. Nadel lost her home in Long Beach, NY to Hurricane Sandy. She ran long-term support programs for Sandy survivors and for teenagers whose fathers were killed in the September 11<sup>th</sup> attacks on the World Trade Center.

