Over the next month, you may experience many reactions to the work you've been doing for this pandemic, these are normal and may include.

**Physical Reactions**

- Fatigue
- Nightmares
- Insomnia (which may turn into hypersomnia)
- Hyperactivity
- Underactivity
- Exhaustion
- Health problems (such as change in appetite, headaches, digestive problems)
- Startle reactions

**Cognitive Reactions**

- Difficulty with concentration
- Difficulty making decisions
- Difficulty solving problems
- Memory disturbance
- Flashbacks
- Isolating behaviors
- Inability to attach importance to anything other than this incident

**Emotional Reactions**

- Fear
- Anxiety
- Guilt
- Depression
- Emotional numbing
- Feelings of helplessness
- Over sensitivity
- Amnesia for the event
- Anger which may be manifested by: scapegoating, irritability, frustration with bureaucracy, violent fantasies
Although uncomfortable or even painful, these are **normal** reactions and are part of the healing process. Attempting to avoid them only increases discomfort. There are actions you can take to help move through them and move forward with healing.

**Things to try:**

- Within the first 24-48 hours, periods of strenuous physical exercise alternated with relaxation will alleviate some of the physical reactions.
- Structure your time; be productive - set goals and tasks then follow through. This can help you regain a sense of control.
- Remember, you are human and having normal human reactions. Don’t label yourself crazy.
- Use mindfulness practices (meditation, yoga, or others) to help you notice and manage your stress reactions and to help calm your nervous system.
- Be aware of numbing the pain with overuse of drugs or alcohol. Numbing creates bigger issues.
- Reach out to people who care about you, the people you’d help if they reached out to you.
- Spend time with others who are positive and caring. Avoid negative conversations and those trapped in victim mindsets.
- Help your co-workers as much as possible by sharing your feelings and asking how they’re doing.
- Give yourself permission to feel your emotions and watch your self-talk. Avoid beating yourself up.
- Keep a journal - writing your way through sleepless hours and periods of anxiety is a form of processing.
- Do things that bring you pleasure—outdoor activities, arts, playing with kids or pets. Balance out the stress reactions with joy.
- Realize that those around you may also be under stress. Avoid taking things personally.
- Eat healthy, whole foods. Avoid excess sugar and junk foods. These will make you feel worse.
- Avoid big life changes or decisions right now. Sometimes, we make rash decisions (believing we are taking positive action) that we later regret. Wait until you’re in a less reactive state of mind.
- Do make as many daily decisions as possible which can enhance your feeling of control over your life (i.e. if someone asks you what you want to do, make a choice rather than deferring to the other person).