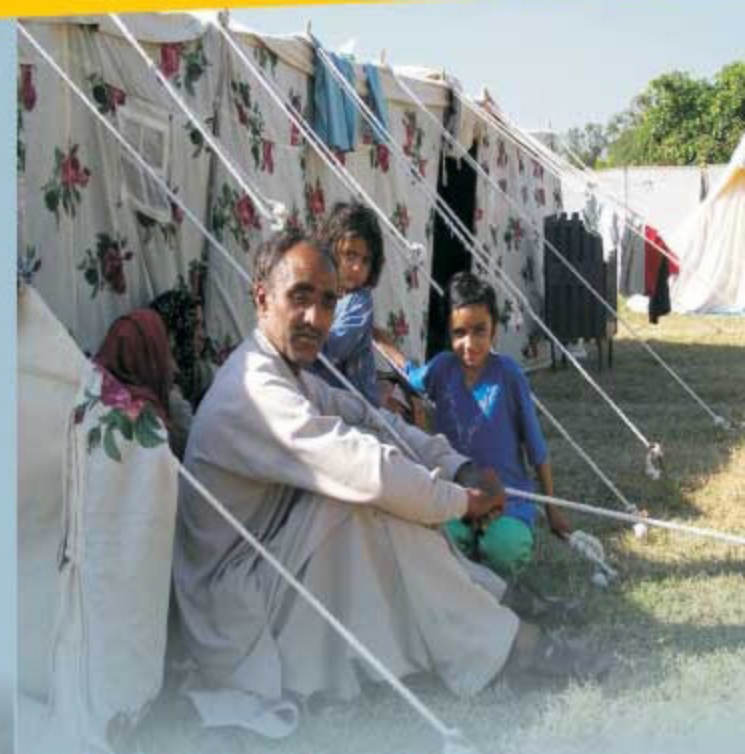


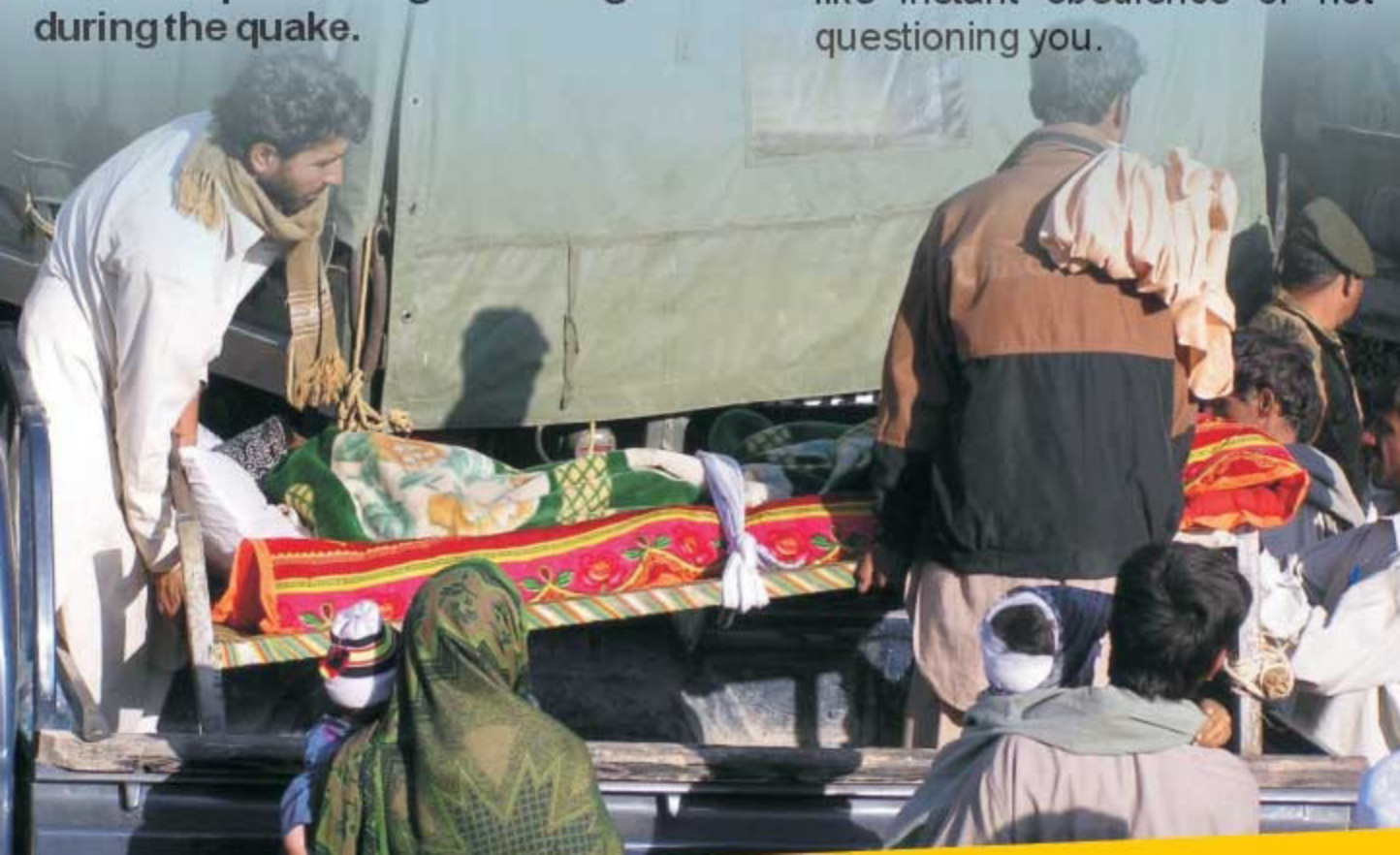
## Some strategies to help families cope with stress

There is no standard way to behave in a disaster situation. Therefore do not make fun of or ridicule family members on behaving or talking in a particular manner, like running out of home leaving the wife or children behind, or not coming out of the bath despite being in danger during the quake.

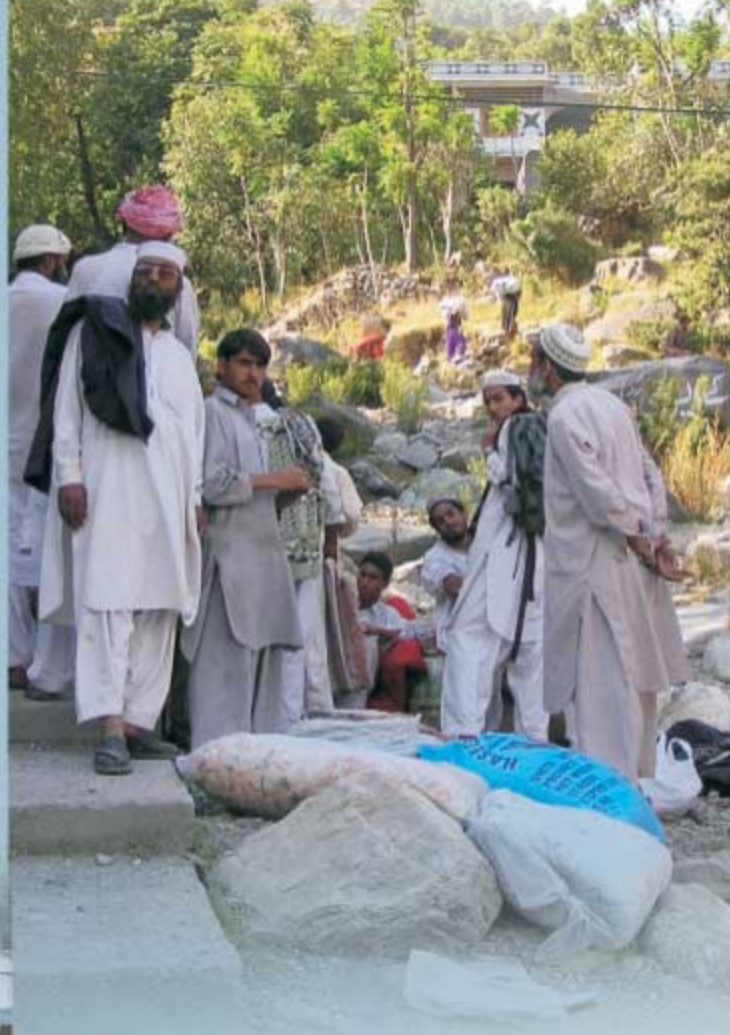
- Be supportive and non-judgemental.
- Get and give information.
- Discuss factual information about what caused the disaster.
- Share recent changes in your lives. This helps everyone know what is happening and what to expect.
- Maintain some routines for children, like eating or playing at certain times, and be flexible with their standards of behavior like instant obedience or not questioning you.



- Be flexible with roles and chores.
- Set priorities and solve problems with input from family members.
- Allow time to heal. Give yourself and your family time to heal at their own pace. Think of healing as a family issue and not as an individual one.
- Give and ask for support from family members, friends and the community.



- Use humor. Laugh. Try to lighten up if you can.
- Be more tolerant. Tell each other how much they are appreciated. Offer praise.
- Use rituals. Rituals are symbolic events that can support and aid growth and healing. Rituals can help the family in the healing process and reaffirm family bonds. As an example, religious rituals associated with grieving like funeral prayer, visiting the graves, praying for the dead and reciting Quran.



### **FOR FURTHER INFORMATION AND HELP CONTACT**

- District EDO(H) DHO.
- Nearest Health Facility
- Nearest Health Home.

