

Source: <http://blogs.ifas.ufl.edu/news/2017/09/19/uf-expert-offers-tips-tending-mental-health-hurricane/>

MENTAL HEALTH FOR ADULTS



UF/IFAS experts offer tips on taking care of your mental health after a disaster:

- Be gentle on yourself and others during this stressful time.
- Focus on self-care, such as eating regularly (and healthy foods, if possible), getting rest and exercise, and trying to take some time out for yourself daily.
- Try to maintain a normal routine, limiting demanding responsibilities on yourself and your family.
- Use existing support systems of family, friends and religious institutions for help and emotional support.
- Seek out a professional therapist or counselor.
- Children are looking at how you are responding as a cue to how they should feel about things. Giving them the message that you can get through this is comforting to them.

For more information, visit <http://edis.ifas.ufl.edu/fm001>

**Substance Abuse and Mental Health Services Administration
Disaster Distress Helpline, call 1-800-985-5990
or text TalkWithUs to 66746.**