



- Let your emotions flow. Don't over-suppress your feelings.
- Talk to those who are willing to listen, or reach out to people with similar experiences for mutual care and support.
- Accept care from others and avoid isolating yourself.

Cognitive:

- Assure yourself that it is normal to have emotional, behavioral and physical responses after a disastrous incident.

- Don't believe that you are going "crazy". Many people experience strong and complex reactions after disasters.
- Don't expect yourself to recover within a short period of time.
- Understand that the situation was difficult and your ability was limited. Avoid self-blaming.

Behavioral:

- Don't resort to drugs, tobacco or alcohol. They will only bring more distress after the short-lived numbness.

If the distress persists and impacts significantly on your daily life, please seek professional help (from e.g. clinical psychologist, social worker, counsellor and doctor etc.).

**Hospital Authority
Task Force on Disaster
Psychosocial Services**

Contact us:

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🌐 <http://www.ha.org.hk/oasis>



For more disaster-related psycho-educational resources, please visit <https://hadps.ha.org.hk/>.



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When the Unexpected Comes





Disasters often strike unexpectedly when we are least prepared, making us feel shocked, confused, extremely anxious or numb. Even after the incident, some emotions, images and thoughts may linger on and be exacerbated by repeated exposure to media coverage of the incident. It is common to have the following reactions:

Physical:

Loss of appetite or overeating, sleep disorders, as well as various physical responses when triggered by things, people or places related to the incident, e.g. dizziness, heart palpitation, difficulty in breathing, and sweating etc.

Emotional:

Numbness, mood swings, being easily startled, irritability, fear, anxiety, guilt, and depression.

Cognitive:

Poor concentration, forgetfulness, repeated flashbacks, absent-mindedness, and impaired judgment and decision-making ability.

Behavioral:

Resorting to drinking, smoking or drugs to numb oneself; Avoidance of people, things or places that are related to the disaster.

Everyone reacts differently. If we know how to take good care of ourselves, the reactions will often subside gradually and we can move on with our lives.

Please take good care of yourself
The following are some ways to help with recovery:

Physical:

- 🌿 Maintain a balanced diet. Eat little but more often when experiencing poor appetite.
- 🌿 Try to do a moderate amount of exercise.
- 🌿 In case of insomnia, do activities that calm you down, such as reading or listening to music.

Emotional:

- 🌿 Don't force yourself to forget the unpleasant event. Try to accept your experience of the event.