



## Stress Management During Hurricane Season

During the preparation prior to an atmospheric event, people may experience elevated levels of stress, worry, and distress. Taking care of your emotional health before the event will help you think clearly and react to urgent needs to protect yourself.

A news or warning of an atmospheric phenomenon can generate feelings of anxiety, worry, fear, among others. Conducting an assessment of our current state allows us to feel that we are prepared in the event of a similar event.

In addition, when facing a stressful time, the body is likely to be activated to face those events that it considers difficult, releasing hormones that prepare it to cope with the demands or even survive if its life is in danger. This is known as the combat, flight, freeze, or submission response.

Therefore, when any of these responses are activated, the body will focus on sending the necessary energy to achieve a quick and adequate reaction, which helps to cope with stressful events. Learning to manage stress is essential to face and prevent the possible arrival of atmospheric events.

Feeling a little stress can be helpful in meeting a deadline, reaching a goal, and even surviving times of danger. However, being exposed to extreme stress conditions (chronic stress) can affect your emotions, your sense of well-being, and that of your loved ones.

### Symptoms of stress:

Stress	Symptoms
Emotional	<ul style="list-style-type: none"> <li>• Sadness</li> <li>• Anxiety</li> <li>• High Concentration</li> <li>• Memory problems.</li> <li>• Feeling overwhelmed</li> </ul>
Physical	<ul style="list-style-type: none"> <li>• Headaches</li> <li>• Sleep problems</li> <li>• Fatigue</li> <li>• Chest pain</li> <li>• Muscle tension</li> <li>• Upset stomach</li> </ul>
Behavior	<ul style="list-style-type: none"> <li>• Avoiding family or friends</li> <li>• Tobacco use</li> <li>• Alcohol or drug abuse</li> <li>• Overeating or not eating at all</li> </ul>



## Recommendations for stress management in the event of an atmospheric event:

- Establish new daily routines.
- Talk about your feelings with your family or friends.
- Incorporate exercise and relaxation periods into your daily routine.
- Help others who need transportation or food.
- Seek professional help in the area of mental health.

You may remember previous weather events. If you recognize that the topic is troubling you and want support, it's time to seek help. Talk to a health care professional, visit a licensed professional counselor, psychologist, or psychiatrist, and seek help.

### Stress management in children:

- Allow children to choose board games and other recreational activities.
- Ask them what their concerns are and validate their feelings.
- Discuss the family plan according to their stage of development.
- Be patient and understanding. Remember that children react differently to stressors.



This can help their anxious feelings decrease as they engage in games and activities.

## Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise, please visit your primary care physician or call the following phone lines:

### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

### APS Health

787-641-9133

### PAS Line

1-800-981-0023

## References

<https://www.mayoclinic.org/es/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987>

<https://www.fema.gov/es/press-release/20210317/coping-holiday-stress-after-hurricanes-irma-and-maria>

<https://www.mayoclinic.org/es/healthy-lifestyle/stress-management/in-depth/stress-relievers/art-20047257>

[https://archive.cdc.gov/www\\_cdc\\_gov/childrenindisasters/es/children-disaster-help.html#:~:text=Seguir%20con%20su%20rutina%20cotidiana,c%C3%B3mo%20est%C3%A1%20sobrelevando%20la%20situaci%C3%B3n.](https://archive.cdc.gov/www_cdc_gov/childrenindisasters/es/children-disaster-help.html#:~:text=Seguir%20con%20su%20rutina%20cotidiana,c%C3%B3mo%20est%C3%A1%20sobrelevando%20la%20situaci%C3%B3n.)

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