

# STRESS & PSYCHO PROBLEMS: POST DISASTER RELIEF



# What is Disaster???????

- A disaster is the tragedy of a natural or human-made hazard ( Hazard is a situation which poses a level of threat of life, health, property and environment). It negatively affects society and environment. Natural Disasters are far from rare events, due to disaster million people lose their lives and many of them become homeless which costs in to billions rupees.
- Natural Disaster
- Man Made Disaster

# DISASTER CHARACTERISTICS

- Type of disaster
- When it occur ( Day/Night)
- Who is affected
- What is affected
- Where it happens



# POSITIVE APPROACH OF DISASTER MANAGEMENT

<b>D</b>	-	<b>Development</b>	- विकास उन्नति
<b>I</b>	-	<b>Innovation</b>	- नवीनता / नया तरीका
<b>S</b>	-	<b>Sufficiency</b>	- पर्याप्त
<b>A</b>	-	<b>Awareness</b>	- जागरुकता
<b>S</b>	-	<b>Sustainable</b>	- चिरन्तरता
<b>T</b>	-	<b>Transformation</b>	- रुपान्तरण / परिवर्तन
<b>E</b>	-	<b>Efficient</b>	- सफल / दक्ष
<b>R</b>	-	<b>Responsible</b>	- उत्तरदायी / विश्वसनीय

# NEGATIVE

D	-	Damage	क्षति
I	-	Intriguing	कुचक्र
S	-	Sour-	चिडचिडा
A	-	Awesome	विस्मित कर देना
S	-	Shocking	आघात
T	-	Traumatic	मानसिक वेदना
E	-	Erratic	मतवाला
R	-	Remorseful	निर्दय

# INDIVIDUAL CHARACTERISTICS

- Age
- Gender
- Family Composition
- Cultural, ethnic, racial background
- Level of exposure to the disaster
- Loss of possessions
- Pre-Disaster stress
- Concerns with other
- During Disaster stress
- Mental status
- Physical status
- Learnings

**SUPPORTING**



**OTHERS**

# Experience has shown that

- Survivors respond to active, genuine interest & concern.
- Survivors may reject disaster assistance of any kind.
- Disaster Mental health assistance is often more practical than psychological in nature.
- Social Support Systems are crucial to recovery some time.

# Response Preparedness

- Early Warning Systems
- Relief Operations Manual
- Emergency mapping
- Resource Management
- Identify most likely disaster scenarios.
- Identify roles and responsibility
- Rapid Response Team
- Assistance and Implementation Teams
- Well Equipped Teams for S&R operation work
- Prepositioning supplies or arranging for quick delivery
- Emergency Response Fund- Available immediately for Emergencies

# Policy and Collaboration for Social Recovery After Disaster

Structure consists of the framework for **government**, **nonprofit groups**, as well as local communities **working** together in response to disaster. It is concerned with the allocation of resources for effective service delivery.

# Disaster survivors suffers from many emotional

- Disaster survivors suffers many emotional reactions stem from problems of living caused by the disasters. **Most people still do not see themselves as a requiring mental health services following disasters.** They don't seek out help from relevant services. Therefore, disaster mental health assistance is often more practical. Intervention must be appropriate to the phase of disaster and needs of the survivors. **Support systems such as family, community and social networks are crucial** to recovery. Hence it becomes important to facilitate Psychological First Aid and counseling services.
- (Guptakashi DIO.....)

# PSYCHOLOGICAL EFFECTS AND DISASTER RELATED STRESS REACTIONS

- Physical Reactions
- Emotional Reactions
- Cognitive Reactions
- Behavioral Reactions

# Women, children at risk of trafficking after Uttarakhand floods

[Children](#) were affected most during the [Uttarakhand](#) flood disaster and many of the kids continue to have trauma and afraid of rains

Some children still **have trauma of flood disaster and afraid of rain**, a number of children have lost their lives and others have lost their parents and relatives during the disaster. Damage to school building has adversely affected the studies,"

It's sad that a child-centred response is completely lacking in all flood-affected states despite the recurring natural disasters which have shown that children are always the worst-affected,

People in these districts were still to recover from the damage and destruction of last year when this devastating flood hit them again breaking the backbone of poor families,"

# Women, children at risk of trafficking after Uttarakhand floods June 2013

The floods and landslides, triggered by heavier than normal monsoon rains more than two weeks ago, have killed than 580 people in Uttarakhand, a popular Hindu pilgrimage destination. **At least 3,000 people remain missing.**

In the worst-hit districts of Rudraprayag, Chamoli and Uttarkashi, homes, crops and livestock have been washed away by the deluge and hundreds of roads, bridges and buildings are in need of reconstruction.

People have lost everything. Their **homes and livelihoods have been ruined**. Many people who were earning incomes from the religious tourism industry such as in the hotels, shops, restaurants and as porters, will have no jobs now

**Trafficking of young girls** happens here due to poverty, and families are often coerced into accepting money from traffickers who marry their daughters to older men in other states, rather than pay a large dowry for them. After the floods, this is likely to worsen as people are poorer and more desperate."

In these kinds of emergencies, children are the most vulnerable and trafficking is a serious issue. **Children can easily be exploited** in the hopelessness, poverty and chaos that follow a disaster,"

# COMMON AND NORMAL STRESS SYMPTOMS AFTER DISASTER

Physical Reactions In Adult	Emotional Reactions In Adult
<ul style="list-style-type: none"><li>✓ Elevated heart rate</li><li>✓ Elevated blood pressure</li><li>✓ Elevated blood sugar</li><li>✓ Stomach upset</li><li>✓ Gastrointestinal Problem</li></ul>	<ul style="list-style-type: none"><li>✓ Fear and anxiety</li><li>✓ Sadness and depression</li><li>✓ Anger and irritability</li><li>✓ Feeling numb, withdrawn, disconnected</li></ul>

# COMMON AND NORMAL STRESS SYMPTOMS AFTER DISASTER cont.....

Physical Reactions In Adult	Emotional Reactions In Adult
<ul style="list-style-type: none"><li>✓ Sleep difficulties</li><li>✓ With extended stress,</li><li>✓ suppression of immune system functioning.</li></ul>	<ul style="list-style-type: none"><li>✓ Feeling a lack of involvement or enjoyment in favourite activities</li><li>✓ Feeling a sense of emptiness of hopelessness about the future.</li></ul>

# RECOMMENDED INTERVENTIONS FOR INDIVIDUALS EXPERIENCING NORMAL STRESS REACTIONS:

## Positive Coping actions

- Relaxation methods (muscular relaxation, deep breathing, meditation)
- Exercise in moderation
- Talking to another person for support
- Getting adequate rest
- Positive distracting activities
- Trying to maintain a normal schedule
- Scheduling pleasant activity
- Eating healthy meals
- Taking Break
- Spending time in society
- Keeping Journal/Book/Reading material
- Participation in a support group
- Seeking counseling

# Stress Reactions on Relief workers

- **Common Stress Reactions**
- Increase or decrease in activity level
- Difficulties sleeping
- Substance use
- Numbing
- Irritability, anger and frustration
- Vicarious traumatization in the form of shock, fearfulness, horror, helplessness
- Confusion, lack of attention, and difficulty making decisions. Physical reactions (headaches, stomachaches)
- Depressive/ anxiety symptoms
- Decreased social activities

# Extreme Stress Reactions

- ✓ Compassions stress, Helplessness, confusion, isolation
- ✓ Compassion fatigue: demoralisation, alienation, resignation
- ✓ Preoccupation or compulsive re-experiencing of trauma experienced directly or indirectly
- ✓ Attempt to overcontrolled in professional or personal situations or act out a rescuer complex.
- ✓ Withdrawl and isolation
- ✓ Preventing feelings by relying on substances, overly preoccupied by work, or drastic changes in sleep.
- ✓ Serious difficulties in interpersonal relationships, including domestic violence.
- ✓ Depression accompanied by hopelessness
- ✓ Unnecessary risk- taking

# PSYCHOLOGICAL CARE OF DISASTER RELIEF WORKER AND FIRST AID PROVIDER SELF CARE

## Before Relief work

- ✓ Manage personal resources.
- ✓ Plan for family/home safety, including making child care
- ✓ Edequate exercise, nutrition and relaxation.
- ✓ Use stress management tools regularly
- ✓ Supervision to share concern, identifying difficult experiences and strategizing to solve problems.
- ✓ Practicing brief relaxation techniques during the workday.
- ✓ Using the buddy system to share upsetting emotional responses.
- ✓
- ✓ Staying aware of limitations and needs.
- ✓ Recognizing when one is Hungry, Angry, Lonely or Tired (HALT) and taking appropriate self care measures.
- ✓ Increasing positive activities
- ✓ Practicing religious faith, philosophy, spirituality.
- ✓ Spending more time with family and friends.
- ✓ Learning how to “ put stress away”.
- ✓ Writing, drawing, painting
- ✓ Limiting Caffeine, cigarette and other use.

# PSYCHOLOGICAL CARE OF DISASTER RELIEF WORKER AND FIRST AID PROVIDER SELF CARE

## Before Relief work

- ✓ Self monitor and pace their efforts
- ✓ Maintain boundaries: delegates, say no and avoid working with too many survivors
- ✓ Perform regular check-ins with colleague, family and friends.
- ✓ Work with team
- ✓ Take relaxation/stress management/ bodily care/ refreshment breaks
- ✓ Try to be flexible, patient and tolerant.
- ✓ Accept that they can't change everything.
- ✓ Avoid extended periods of solo work without colleagues.
- ✓ Avoid negative self talk
- ✓ Excess use of food/substances as a support.

# PSYCHOLOGICAL CARE OF DISASTER RELIEF WORKER AND FIRST AID PROVIDER SELF CARE

## After Relief work

- Seek out and give social support
- Check in with other relief colleagues to discuss relief work
- Increase collegial support
- Schedule time for a vacation or gradual reintegration in to your normal life.
- Participate in formal help to address your response to relief work
- Pay extra attention to health and nutrition.

### Make every efforts to Avoid:

- Excessive use of alcohol or excessive amounts of prescription drugs.
- Making any big life changes for at least a month.
- Negative assessment yours contribution to relief work.
- Worrying about readjusting.

### Obstacles to Better Self- Care:

- Keeping too buisy
- Making helping others more important than self-care.
- Avoiding talk about relief work with others.

# FACTORS THAT AFFECTS ONE AS A DISASTER RESPONDER

- Leaving family members and loved ones to go on assignments
- Working in unfamiliar and challenging settings.
- Staying in a staff shelter with little privacy.
- Encountering unfamiliar cultural or ethnic populations whose primary language may be different.
- Listening to survivor's stories.
- Seeing disturbing sights.
- Working with difficult supervisors and co-workers.
- Returning home.

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**THANKS FOR YOUR KIND SUPPORT AND  
PATIENCE**

DISASTER MANAGEMENT CELL  
UAoA, NAINITAL