

# Coping Suggestions

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by Los Angeles County Department of Mental Health

- Give yourself permission and TIME to grieve.
- Focus on your strengths and coping skills.
- Ask for support and help from your family, friends, church or other community resources.
- Redefine your priorities and focus your energy and resources on those priorities.
- Set small realistic goals to help tackle obstacles. For example, reestablish daily routines for yourself and your family.
- Eat healthy meals and exercise.
- Get enough rest to increase your reserve strength.
- Continue to educate yourself and family about normal reactions to a disaster.
- Remember that you are not alone.