

## WHEN TO GET HELP

Feelings of detachment, avoidance, and apathy might be an effective way of conserving emotional energy and re-grouping.

If it becomes a problem or interferes with your day-to-day life, it may be time to seek help.

**SEE YOUR DOCTOR OR CALL THE HOTLINE FOR FREE, CONFIDENTIAL ASSISTANCE.**

**MON-FRI 8AM TO 5PM**  
Nebraska Rural Response Hotline  
**1-800-464-0258**

**24 HOURS A DAY / 7 DAYS A WEEK**  
Nebraska Family Helpline  
**1-888-866-8660**



**NEBRASKA STRONG**  
RECOVERY PROJECT

[NebraskaStrongRecoveryProject.Nebraska.edu](http://NebraskaStrongRecoveryProject.Nebraska.edu)

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# Nebraska Strong Recovery Project



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# The Downhill Slope: Prolonged Stress

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**Exhaustion, fear, anger, cynicism, disillusionment, and sadness are common reactions to prolonged stress.**

These responses are normal and appropriate, but over time they can lead to more negative results, such as:

- Difficulty falling or staying asleep
- Nightmares
- Irritability; outbursts of anger
- Excessive drinking/drug use
- Difficulty concentrating
- Excessive worry, hypervigilance or extreme concern
- Re-experiencing the event
- Guilt and self-doubt
- Withdrawal and suspicion
- Sudden painful emotions
- Apathy, avoidance of emotions, activities, and situations associated with the event

**Everybody has their own individual timetable for recovery.**

Some people may go through the rest of their lives angry with the unfairness of the event. With support and guidance, however, most people are able to move beyond these feelings.



# The Uphill Climb: Recovery

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**Adversity is never pleasant, but valuable lessons and new insights can result, such as:**

- Re-framing the meaning of life and setting priorities; finding larger purposes, value, and meaning to life.
- Realizing the importance of relationships and that helping others may be a way to “repay” the help received during the disaster.
- The positive power of connection to our neighbors and communities.
- The qualities of strong families: commitment, appreciation, communication time, coping, and spiritual wellness.
- The need to say thanks and the benefits of celebration.

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**Here is what you can do right now to ensure you are ready for the uphill climb!**

- Get plenty of rest.
  - Take time for yourself.
  - Talk to someone if you are feeling overwhelmed.
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