



# CINCINNATI HEALTH DEPARTMENT

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September 18, 2008

During this time of heightened stress and anxiety due to the extended power outage the Cincinnati Health Department reminds you to:

- Recognize that this is a stressful time and that it's normal to feel irritable and to have anxiety about your safety and the safety of your family.
- Interpersonal relationships often become strained. Greater conflict, such as more frequent arguments with family members and coworkers, is common. You might become withdrawn and isolated and avoid your usual activities.
- Engage in healthy behaviors to enhance your ability to cope with excessive stress. Eat well-balanced meals and get plenty of rest. Avoid alcohol and drugs.
- You are not alone. When it comes to friends, family and neighbors don't be afraid to ask for and offer help. Helping your neighbors will help you feel better, too.
- Accepting help from community programs and resources is healthy.
- Adjust your expectations for yourself and others. If you thought you'd have power by now and don't, re-align your expectation that it could be a little longer.
- Keep calm. Prioritize what is important and what needs to be done immediately and what can wait.
- Be creative in solving the challenges you have and give yourself credit when you get through another tough day.
- Realize that there is an end in sight – this won't last forever and power will be restored soon.
- “Count your blessings” and focus on the positives. Tell yourself you can and will get through this.

*Source: Cincinnati Health Department, CISM International and FEMA.*

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