Flood Trauma

BEFORE, DURING & AFTER



PREPARE & PROTECT YOURSELF

- Know your resources and plan for your personal and professional needs.
- Pace yourself, maintain boundaries, and make time for rest and self-care.
- Stay connected and seek support from coworkers, friends, family, and supervisors.



SUPPORT IN THE MOMENT

- Listen, validate feelings, and stay calm.
- Communicate clearly, honestly, and without judgment.
- Help people focus on what they can control right now.
- Use grounding: slow breaths, awareness of surroundings, and name 5 things you can see, hear, or feel.



RECOVER & RECHARGE

- Expect a period of readjustment and give yourself time to recover.
- Make time for rest, relaxation, enjoyable activities, and connection with others.
- Check in with coworkers, friends, and family, and seek support when needed.
- Focus on healthy coping strategies: movement, nature, mindfulness, realistic goals, and counseling.

SEH

Download the Psychological First Aid (PFA) App

GOOGLE PLAY

APP STORE

Information in this handout is derived from the presentation *Enhancing Flood Professionals' Capacity to Support Communities: Flood Trauma*, presented by Dr. Anne Jacobs, a licensed clinical child psychologist in private practice, and Tom Ennis, a water stewardship engineer at SEH. This handout is intended for educational and reference purposes and does not represent the full content of the original presentation.