

# Coping with Stress

in the zoo and exotic facility community

## Take care. Protect your mental health.

We welcome guests, take care of our animals and see to the animals' needs. Then why is it that we don't care for ourselves the same way? It's not okay to shrug off the warning signs.

### National Suicide Prevention Hotline

Toll-free: 1-800-273-8255

Contact the National Suicide Prevention Life-line right away if you or someone you know threatens to hurt or kill themselves or someone else, or talks or writes about death, dying or suicide.

### Treatment Locator

[Findtreatment.samhsa.gov/locator/home](http://Findtreatment.samhsa.gov/locator/home)

### SAMHSA's Disaster Distress Helpline

Toll-free: 1-800-985-5990 (English, Español)

SMS: Text **TalkWithUs** to 66746

SMS (Español): Escriba **Hablamos** al 66746

TTY: 1-800-846-8517

[Disasterdistress.samhsa.gov](http://Disasterdistress.samhsa.gov)

[Disasterdistress.samhsa.gov/espanol](http://Disasterdistress.samhsa.gov/espanol)

### Georgia Crisis and Access Line (GCAL)

Toll Free: 1-800-715-4225

Georgia's 24/7 toll-free line staffed by licensed mental health professionals. Language assistance is available.

[dbhdd.georgia.gov/access-services](http://dbhdd.georgia.gov/access-services)

## Know When to Get Help

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While it's normal to feel sad, anxious or worried after a disaster, some may still feel those emotions a year or more after a disaster. If you or someone you know struggles to cope with strong feelings after a few weeks/months or experiences continued interference with normal functioning, get help by accessing one of the resources found in this business card.

# Common Responses to a Disaster

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## YOUR BEHAVIOR

Changes in activity level | Trouble relaxing or sleeping | Increased use of alcohol/drugs | Poor work performance | Difficulty maintaining life balance | Loss of interest in activities you usually find pleasurable

## YOUR EMOTIONS

Shock/denial | Feeling hopeless  
Fear/anxiety | Numbness | Anger or irritability | Mood changes | Grief | Guilt | Sadness

## YOUR THOUGHTS

Forgetfulness | Difficulty concentrating  
Difficulty making decisions | Confusion or self-doubt | Dreams/nightmares of the event | "Flashbacks" of crisis event

## YOUR BODY

Digestive issues | Headaches/pain | Easily startled | Rapid heart rate | Sweating or chills | Fatigue/loss of energy | Weakness | Trembling

## Know How To Relieve Stress

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### KEEP THINGS IN PERSPECTIVE

Use credible sources to stay informed about new information and developments, but avoid over exposure to news broadcasts of the event.

### BE KNOWLEDGEABLE ABOUT RESOURCES

Learn about what resources are available to aid you and others affected by tragedy. Seek resources if needed.

Contact your local community/faith leader.

### CONNECT WITH OTHERS

Talk to friends, family, or colleagues who are likely experiencing the same feelings. Spend time with friends and family.

### SEEK ROUTINE

Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.

### USE PRACTICAL WAYS TO RELAX

Use relaxation methods such as breathing exercises, meditation, calming self-talk or soothing music. Get plenty of exercise.

