Flooding, "The Aftermath"

What do you do next?

It will be difficult when you come to the realization that much of what you knew and had before has changed. It may not feel real at first, and there may be some disbelief that the event has actually happened. **This is a common response to any devastating loss.** It is hard to know what to do next, once you return to your flood damaged home or place of work. Start by being aware of your surroundings and ground yourself by keeping your community close. Family, friends and neighbors will help support you. **Try following this course of action to help recover from the flood:**

1. Psychosocial resilience will need to be the first thing to work on to maintain emotional wellbeing.*
2. Check with authorities to confirm it is safe to return.
3. Research flood recovery tips and develop a "to do" list of how to get back to normal.
4. Travel with care. Follow recommended routes and watch for downed power lines.
5. Have inspectors check for safety, and use extreme caution when entering a building.
6. Use only battery powered lighting, look for fire hazards and wear sturdy shoes to avoid injury.
7. Take pictures of the damage for insurance claims.
8. Make a list of resources. (Red Cross, FEMA, USGS Flood Resources, insurance agency, clean up companies)
9. Throughout the process, be aware of stress, anxiety and depression symptoms.
10. Be patient with others and yourself. Flood recovery is a process that will take time and effort.

*** The devastation can be overwhelming, especially if there were struggles or challenges prior to the flood. This may be the time to reach out for more than just social support. For guidance on how to better handle the stress the flood has created, contact your USPS EAP at 800-327-4968 (800-EAP-4YOU). You also have access to a number of counseling services on the website. Visit EAP4YOU.com to learn more.**