

Reactions to a Humanitarian Crisis

- ▶ **Delayed reactions.** If you have suffered past trauma, you may re-experience your emotional responses from that event.
- ▶ **Relating to the experience.** If you or someone you know is directly impacted, or if you identify in some way with the people who were affected, you may have more intense reactions. You may be preoccupied with worry and feel a strong need to reach out to family and friends who may be directly impacted by the crisis or feel anxious while waiting for updates from them.

If you or someone you know is struggling, these steps may help:

- ▶ **Be accepting.**

