

After the Storm: Caring for Your Mental Health



FOR RESIDENTS IMPACTED BY FLOODING

After the Kona Low, our minds may still feel unsettled. Remember to check in with yourself and your 'ohana, reach out to others, and try to bring routine back into your day.



Guidance for Adults

- Connect with family, friends, and neighbors to share how you're feeling. Limit exposure to repetitive images of the disaster, which can increase fear and anxiety.
- Try to create a new schedule that brings regularity to your day, including getting enough rest and nutrition.
- Healing takes time. Think back to things that helped you during stressful times in the past.
- Make time to do something today that brings you hope.

Guidance to Support Keiki

Children may experience distress or intense emotions after a disaster. Learn ways to support your children as they cope with traumatic events.

- Reassure them that they are safe. Listen to their worries and fears and answer questions in simple, age-appropriate language as honestly as possible.
- Keep consistent routines for meals, bedtime, and play. Set a positive example by managing your own stress with healthy habits like good nutrition, regular exercise, and adequate sleep.
- Watch for signs that your child's distress is getting worse. Talk to a professional if they remain anxious, fearful, sad, or angry for more than a few weeks after the disaster.
- Limit your child's exposure to disaster news.

Call, text, or chat the Hawai'i CARES crisis line at **988**

PLEASE FOLLOW ALL INSTRUCTIONS FROM LOCAL AUTHORITIES.

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