

### What you might be feeling or experiencing.

- You may be feeling very anxious, upset, or confused. Feeling nervous, worried, or overwhelmed and concerned about the future, your families future, and the financial hardships you are facing.
- You may feel depressed, loss of interest in everyday activities.
- You may experience physical problems like headaches, stomach aches, and changes to appetite
- You may have difficulty sleeping, nightmares, difficulty concentrating.
- For those of you on medication, you may be worried about how or where you will get your medicines, and this can increase your feelings of anxiety and worry and result in a decline in your mood and overall health.
- You may have repeated vivid memories of your experiences. These memories can cause reactions in your body such as a rapid heartbeat or sweating.
- Find it difficult to concentrate or make decisions or become more easily confused.
- Sleep and eating patterns may also be disrupted.
- These things may affect how you are looking after or taking care of yourself.
- Some of you may have caring responsibilities for others (e.g., an older people or children) and you may feel very concerned, troubled, and anxious about how you will be able to care and support them.
- All these different feelings, emotions and reactions are normal reactions to a very distressing experience.

### What you can do to improve your mood/wellbeing.

- Remember it is normal to feel anxious, worried, and confused (above reactions) during this stressful time. Other common reactions include physical problems like headaches, stomach aches and changes to appetite.
- Remember, most people can cope and recover well if they feel safe, if their basic needs are met, and if they have care and attention from loved ones (family/friends/community).
- Draw on (or use) your inner strength, experience, and knowledge to help your situation.
- Remember you have confronted and managed hardships at other times in your life and there are others there to help you cope with this new challenge.
- Recognise these are challenging times for everyone and people can often react to such stressful events in different ways and it's important to be understanding and tolerant.
- Connect/link up with others including other older people in your community and support each other/talk with each other.
- Recognise that you are not alone in what you are experiencing and feeling, others are feeling the same.
- Allow yourself to mourn any losses you have experienced.
- Think about how you could support other older people who are struggling with their situation.
- Keep in contact with friends/family/community and younger people as often as you can.
- Try to keep to a usual routine, such as regular mealtimes etc. Routines can help people feel safe.
- Try to maintain any spiritual, religious, or cultural activities that brings you comfort.
- Remember that looking after yourself will help keep you stronger and better able to support other family members.