

DISASTERSHOCK



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Free Resources from the Website disastershock.com for Coping with the Stress of a Major Disaster

- [Disastershock: How to Cope with the Emotional Stress of a Major Disaster](#)
20 practical ways for parents and children to lower disaster-related stress.
Available in [31 languages](#).
- [Disastershock: How Schools Can Cope with the Emotional Stress of a Major Disaster A Manual for Principals and Teachers](#). Practical ways school staff can lower their own stress and that of their students following a disaster.
- Single page [Tip Sheets](#) for dealing with disaster related stress. Available in 24 languages.
- [Arts & Recovery](#) resources for healing following disasters.
- [Short videos](#) and other healing resources for dealing with emotional stress.