

Across Hawaii, watching the footage of the fires across our islands is heartbreaking.

Lives have been lost. There are now hundreds of people who have lost their homes, their worksites, their sense of stability, and more.

The ripples of these fires driven by Hurricane Dora winds will be felt across the State for years.

For those directly impacted, it's important to know that help is available. These are upsetting experiences for everyone involved, and some people may need extra support and care. Children, kupuna, people with disabilities, people for whom English isn't their first language, all may need extra care and support.

All of us, even those indirectly impacted, are entitled to our feelings about these events. And all of us can support each other.

We have compiled some information and resources which we hope can help.

We're available at **(808) 597-8222**.

1. **Know that emotional reactions are normal:** Expected or unexpected loss can trigger feelings of feeling physically and mentally drained, having difficulty making decisions or staying focused, becoming easily frustrated, arguing more, feeling tired/sad/numb/lonely/worried, and changes in appetite or sleep patterns. We all respond differently and it takes time.

2. **Know that recovery takes time.** It starts with making sure you're safe — finding shelter and making sure the physical needs of you and your family are addressed, seeking medical attention if necessary. Turn off the news. Eat healthy and drink plenty of water. Get some rest, stay connected with family, co-workers, and friends. Be patient with yourself and others. Know that small steps will help you set priorities and get you to where you want to be. Remind yourself of other struggles you have successfully survived in the past.

3. **Support keiki:** They may be more agitated and act out, or be more clingy and cry often, they may need more attention and reassurance from adults they trust. Remind them when they remember scary things that these things happened but they are not happening now. Listen to them as they process their view, and don't be afraid to admit you don't have all the answers yet.

4. **If you still don't feel better over time:** Some people may need a few hours, and others may need weeks or longer to work through a loss. Give others, and yourself, space and time to grieve. Grief doesn't end with a memorial service. Adjustment takes time. Reach out for help if you find yourself more at risk, or if your feelings seem too overwhelming. Emotional support is available through your EAP, through the American Red Cross, through calling 988, and there are people ready to provide you with support and a listening ear.

5. **Utilize available resources.**

- There's a helpful guide for recovering **after a disaster** put out by the American Red Cross. The link is: <https://www.redcross.org/content/dam/redcross/get-help/pdfs/disasters-and-financial-planning-guide.PDF>

- They also provide information on **Financial Recovery After a Disaster** with helpful tips: <https://www.redcross.org/content/dam/redcross/get-help/pdfs/disasters-and-financial-planning-guide.PDF>

- And they offer advice on **Recovering Emotionally After a Disaster:** <https://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally.html>

- If you need immediate in-the-moment emotional support, call the EAP. We're here for you 24/7 and a counselor is always available. We can also set you up for an appointment to see one of our 75 counselors across the state, either via Telehealth or face-to-face.

- You can also call 988 for 24/7/365 support.

- Talk with your ohana, family, and friends. Reach out to your usual support system or start building a new support system today!

Employee Assistance of the Pacific

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