

## Drill Participant Information Sheet: **Stress**

An exercise like the one today gives all of us an idea of what we may have to do in similar situations. It's quite natural to be a little excited or anxious about participating.

You may find some parts of the drill exciting and others somewhat tedious. If you ever become very uncomfortable or wish to discontinue your participation, say "TIME OUT" so the worker understands your discomfort and can assist you.

After this drill, you may experience some stress for a short time. The reality is that this drill is practice for an extremely stressful and frightening situation. It is quite natural to be somewhat shaken by even a simulated situation such as this.

During actual events many people experience stress reactions such as:

- Shock
- Fear
- Grief
- Anger or Resentment
- Guilt or Shame
- Helplessness
- Hopelessness

Many also experience physical changes such as:

- Tension
- Fatigue
- Difficulty sleeping
- Aches or pains

These are common reactions to very stressful events. Intense or extremely strong emotional reactions are not necessarily a sign that a person will have future trouble. Actually most people who have very strong reactions can recover fairly quickly. We are often stronger or more resilient than we know!

In the extremely unlikely event that you do experience extreme or ongoing stress reactions after this drill that seem to interfere with your normal routine or life, please talk to someone. Talking to a friend, family member, your doctor, counselor, or spiritual leader about your experience can be very helpful.

For more information about stress and disaster, check out these Web Sites:

[www.redcross.org](http://www.redcross.org)

[www.redcrosslincolne.org](http://www.redcrosslincolne.org)

[www.ncptsd.org](http://www.ncptsd.org)

[www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)