

HOW DOES THIS NEW LEARNING THAT MY REACTION AND FEELINGS TOWARD DISASTER WERE NORMAL AFTER ALL HELP ME?

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EXPERIENCING A DISASTER—WHETHER NATURAL, PERSONAL, OR COLLECTIVE—CAN EVOKE A COMPLEX ARRAY OF REACTIONS AND FEELINGS. MANY INDIVIDUALS GRAPPLE WITH GUILT, CONFUSION, OR SHAME, QUESTIONING WHETHER THEIR RESPONSES ARE APPROPRIATE OR EXCESSIVE. WHEN YOU REALIZE THAT YOUR REACTIONS AND FEELINGS ARE ACTUALLY NORMAL, IT CAN BE A TRANSFORMATIVE EXPERIENCE THAT PROMOTES HEALING, RESILIENCE, AND SELF-COMPASSION. THIS ARTICLE EXPLORES HOW UNDERSTANDING THE NORMALCY OF YOUR EMOTIONAL RESPONSES AFTER A DISASTER CAN SIGNIFICANTLY AID YOUR RECOVERY PROCESS.

UNDERSTANDING THE NORMALCY OF REACTIONS AND FEELINGS POST-DISASTER

WHAT ARE TYPICAL REACTIONS TO DISASTER?

DISASTERS, BY THEIR VERY NATURE, ARE SHOCKING AND OFTEN TRAUMATIC EVENTS. IT'S COMMON FOR INDIVIDUALS TO EXPERIENCE:

- **SHOCK AND DISBELIEF:** INITIAL DENIAL OR NUMBNESS ABOUT WHAT HAS HAPPENED.
- **FEAR AND ANXIETY:** WORRY ABOUT SAFETY, THE FUTURE, OR RECURRENCE.
- **SADNESS AND GRIEF:** MOURNING LOSSES, WHETHER TANGIBLE OR INTANGIBLE.
- **ANGER AND FRUSTRATION:** DIRECTED AT ONESELF, OTHERS, OR CIRCUMSTANCES.
- **GUILT OR SELF-BLAME:** QUESTIONING IF ONE COULD HAVE DONE SOMETHING DIFFERENTLY.
- **PHYSICAL SYMPTOMS:** FATIGUE, INSOMNIA, OR SOMATIC COMPLAINTS.

THESE REACTIONS ARE PART OF THE NATURAL COPING MECHANISMS THAT HELP INDIVIDUALS PROCESS TRAUMA AND BEGIN HEALING.

WHY DO WE FEEL THIS WAY?

YOUR FEELINGS AFTER A DISASTER ARE SHAPED BY VARIOUS FACTORS:

- **SURVIVOR'S INSTINCT:** THE INNATE RESPONSE TO THREAT OR DANGER.
- **LOSS AND GRIEF:** EMOTIONAL REACTIONS TO TANGIBLE OR INTANGIBLE LOSSES.
- **UNCERTAINTY ABOUT THE FUTURE:** ANXIETY ABOUT SAFETY, STABILITY, AND NORMALCY.

- **PERSONAL HISTORY:** PAST EXPERIENCES CAN INFLUENCE HOW YOU RESPOND.
- **CULTURAL AND SOCIETAL INFLUENCES:** NORMS AND EXPECTATIONS AROUND EXPRESSING EMOTIONS.

RECOGNIZING THAT THESE REACTIONS ARE UNIVERSAL HELPS NORMALIZE YOUR EXPERIENCE, REDUCING FEELINGS OF ISOLATION OR SHAME.

THE IMPACT OF RECOGNIZING NORMAL EMOTIONAL RESPONSES

REDUCING SELF-STIGMA AND GUILT

MANY SURVIVORS FEEL ASHAMED OF THEIR REACTIONS, BELIEVING THEY SHOULD BE STRONGER OR MORE COMPOSED. UNDERSTANDING THAT EMOTIONAL RESPONSES LIKE FEAR, SADNESS, OR ANGER ARE NORMAL HELPS DIMINISH THIS SELF-JUDGMENT. THIS REALIZATION FOSTERS SELF-COMPASSION AND ENCOURAGES YOU TO ALLOW YOURSELF TO FEEL AND PROCESS THESE EMOTIONS WITHOUT GUILT.

PROMOTING EMOTIONAL VALIDATION

KNOWING YOUR REACTIONS ARE TYPICAL VALIDATES YOUR FEELINGS. VALIDATION IS CRUCIAL BECAUSE IT AFFIRMS THAT YOUR EMOTIONAL EXPERIENCE IS LEGITIMATE AND UNDERSTANDABLE, WHICH IS ESSENTIAL FOR HEALING. IT ALSO OPENS THE DOOR TO SEEKING SUPPORT WITHOUT SHAME.

FACILITATING ACCEPTANCE AND RESILIENCE

ACCEPTANCE OF YOUR FEELINGS ALLOWS YOU TO WORK THROUGH THEM MORE EFFECTIVELY. WHEN YOU ACCEPT THAT YOUR REACTIONS ARE NORMAL, YOU'RE MORE LIKELY TO DEVELOP RESILIENCE—THE CAPACITY TO BOUNCE BACK FROM ADVERSITY. THIS MINDSET ENCOURAGES PATIENCE AND PERSISTENCE DURING RECOVERY.

HOW THIS KNOWLEDGE ENHANCES YOUR RECOVERY PROCESS

ENCOURAGES HEALTHY COPING STRATEGIES

UNDERSTANDING THAT EMOTIONAL REACTIONS ARE NORMAL CAN MOTIVATE YOU TO ADOPT HEALTHY COPING MECHANISMS, SUCH AS:

- **TALKING TO TRUSTED INDIVIDUALS:** SHARING FEELINGS WITH FRIENDS, FAMILY, OR MENTAL HEALTH PROFESSIONALS.
- **ENGAGING IN SELF-CARE:** PRIORITIZING REST, NUTRITION, AND PHYSICAL ACTIVITY.
- **PRACTICING MINDFULNESS OR RELAXATION TECHNIQUES:** REDUCING ANXIETY AND PROMOTING EMOTIONAL REGULATION.
- **PARTICIPATING IN SUPPORT GROUPS:** CONNECTING WITH OTHERS WHO HAVE SIMILAR EXPERIENCES.

KNOWING THAT YOUR REACTIONS ARE TYPICAL REASSURES YOU THAT YOUR EFFORTS TO COPE ARE VALID AND EFFECTIVE.

REDUCES THE RISK OF DEVELOPING COMPLICATED GRIEF OR POST-TRAUMATIC STRESS

WHEN INDIVIDUALS BELIEVE THEIR REACTIONS ARE ABNORMAL, THEY MAY SUPPRESS OR AVOID FEELINGS, WHICH CAN LEAD TO COMPLICATED GRIEF OR PTSD. RECOGNIZING THAT FEELINGS LIKE FEAR, SADNESS, OR ANGER ARE NORMAL HELPS IN ACCEPTING AND EXPRESSING THESE EMOTIONS HEALTHILY, REDUCING THE LIKELIHOOD OF LONG-TERM PSYCHOLOGICAL ISSUES.

BUILDS COMPASSION AND PATIENCE WITH YOURSELF

RECOVERY FROM DISASTER ISN'T LINEAR. SOME DAYS WILL BE BETTER THAN OTHERS. ACCEPTING YOUR FEELINGS AS NORMAL CULTIVATES PATIENCE AND COMPASSION, ALLOWING YOU TO BE GENTLER WITH YOURSELF DURING SETBACKS AND PROGRESS.

THE ROLE OF EDUCATION AND PROFESSIONAL SUPPORT

IMPORTANCE OF PSYCHOEDUCATION

LEARNING ABOUT NORMAL EMOTIONAL RESPONSES THROUGH PSYCHOEDUCATION CAN DEMYSTIFY YOUR EXPERIENCE. RESOURCES LIKE ARTICLES, WORKSHOPS, OR COUNSELING SESSIONS CAN PROVIDE REASSURANCE AND CONCRETE STRATEGIES FOR MANAGING REACTIONS.

SEEKING PROFESSIONAL HELP

WHILE UNDERSTANDING THAT YOUR REACTIONS ARE NORMAL IS EMPOWERING, SOME INDIVIDUALS MAY NEED ADDITIONAL SUPPORT. MENTAL HEALTH PROFESSIONALS CAN HELP YOU:

- PROCESS INTENSE EMOTIONS SAFELY.
- DEVELOP PERSONALIZED COPING STRATEGIES.
- ADDRESS UNDERLYING TRAUMA OR MENTAL HEALTH ISSUES.
- GUIDE YOU THROUGH GRIEF AND ADJUSTMENT PROCESSES.

PROFESSIONAL SUPPORT COMPLEMENTS YOUR KNOWLEDGE AND ACCELERATES HEALING.

PRACTICAL TIPS FOR EMBRACING YOUR NORMAL REACTIONS

NORMALIZE YOUR FEELINGS

REMAND YOURSELF REGULARLY THAT WHAT YOU'RE EXPERIENCING IS A COMMON HUMAN RESPONSE TO TRAUMA. REFRAMING YOUR

THOUGHTS CAN REDUCE FEELINGS OF SHAME.

KEEP A FEELINGS JOURNAL

WRITING DOWN YOUR EMOTIONS HELPS IN RECOGNIZING PATTERNS AND VALIDATING YOUR EXPERIENCES. IT ALSO PROVIDES AN OUTLET FOR PROCESSING FEELINGS.

CONNECT WITH SUPPORT NETWORKS

ENGAGING WITH COMMUNITY GROUPS, SUPPORT GROUPS, OR TRUSTED INDIVIDUALS OFFERS VALIDATION AND SHARED UNDERSTANDING.

PRACTICE SELF-COMPASSION

TREAT YOURSELF WITH KINDNESS AND PATIENCE. ACKNOWLEDGE THAT RECOVERY TAKES TIME AND THAT YOUR FEELINGS ARE PART OF THAT JOURNEY.

CONCLUSION

UNDERSTANDING THAT YOUR REACTIONS AND FEELINGS TOWARD A DISASTER ARE NORMAL AFTER ALL IS A VITAL STEP TOWARD HEALING. IT ALLEVIATES UNNECESSARY SELF-BLAME, VALIDATES YOUR EMOTIONAL EXPERIENCES, AND FOSTERS A COMPASSIONATE ATTITUDE TOWARD YOURSELF. THIS KNOWLEDGE EMPOWERS YOU TO SEEK APPROPRIATE SUPPORT, ADOPT HEALTHY COPING STRATEGIES, AND BUILD RESILIENCE. REMEMBER, RECOVERY IS A PROCESS, AND RECOGNIZING THE NORMALCY OF YOUR RESPONSES IS A FOUNDATIONAL ELEMENT THAT HELPS YOU NAVIGATE THE PATH TOWARD EMOTIONAL WELL-BEING AND STABILITY. EMBRACE YOUR FEELINGS, SEEK SUPPORT WHEN NEEDED, AND TRUST IN YOUR CAPACITY TO HEAL AND ADAPT.

FREQUENTLY ASKED QUESTIONS

HOW DOES UNDERSTANDING THAT MY REACTIONS TO DISASTER ARE NORMAL HELP ME COPE BETTER?

RECOGNIZING THAT YOUR FEELINGS ARE NORMAL REDUCES SELF-JUDGMENT AND ALLOWS YOU TO ACCEPT YOUR EMOTIONS, WHICH CAN LESSEN ANXIETY AND PROMOTE HEALTHIER COPING STRATEGIES.

IN WHAT WAYS DOES KNOWING MY EMOTIONAL RESPONSES ARE TYPICAL ASSIST IN MY RECOVERY PROCESS?

IT REASSURES YOU THAT YOUR REACTIONS ARE COMMON, REDUCING FEELINGS OF ISOLATION AND ENABLING YOU TO SEEK SUPPORT OR PROFESSIONAL HELP WITHOUT SHAME.

CAN UNDERSTANDING THE NORMALCY OF MY FEELINGS PREVENT LONG-TERM MENTAL HEALTH ISSUES?

YES, ACKNOWLEDGING THAT YOUR REACTIONS ARE NORMAL CAN ENCOURAGE EARLY INTERVENTION AND SELF-CARE, REDUCING THE RISK OF DEVELOPING CHRONIC CONDITIONS LIKE PTSD OR DEPRESSION.

How does this insight influence my ability to process grief and loss after a disaster?

Knowing your feelings are typical helps you accept your grief, making it easier to express emotions and gradually heal over time.

Does understanding my normal reactions help in communicating with others about my experience?

Absolutely, it can make you feel less isolated and more comfortable sharing your feelings, fostering support and understanding from others.

How can this knowledge aid in building resilience after experiencing a disaster?

By normalizing your reactions, you build self-compassion and confidence in your ability to recover, strengthening resilience over time.

Is it helpful to know that my feelings are common in preventing feelings of guilt or shame?

Yes, understanding that your responses are typical reduces guilt and shame, which are barriers to healing and seeking help.

What practical steps can I take after realizing my reactions are normal to support my mental health?

You can practice self-compassion, seek support from friends or professionals, engage in stress-reducing activities, and give yourself time to heal without judgment.

Additional Resources

How Does This New Learning That My Reaction And Feelings Toward Disaster Were Normal After All Help Me?

In the wake of a traumatic event or disaster, many individuals grapple with intense emotions, bewildering reactions, and a pervasive sense of shame or confusion. These reactions—ranging from shock and denial to anxiety and anger—are often seen as signs of weakness, abnormality, or personal failure. However, recent developments in trauma research and psychological understanding have begun to challenge this narrative, emphasizing that such responses are, in fact, normal and universal. Recognizing this truth can be profoundly healing, offering relief, validation, and a pathway toward recovery.

This article explores how understanding that your reactions and feelings toward disaster are normal can serve as a crucial turning point in the healing process. It delves into the psychological foundations of trauma responses, the benefits of normalization, and practical strategies for integrating this knowledge into recovery.

The Psychological Basis of Trauma Reactions: Why Are Our

FEELINGS NORMAL?

TRAUMA RESPONSES ARE DEEPLY ROOTED IN THE BRAIN'S NATURAL SURVIVAL MECHANISMS. WHEN FACED WITH LIFE-THREATENING SITUATIONS OR OVERWHELMING STRESS, OUR NERVOUS SYSTEM ACTIVATES A CASCADE OF PHYSIOLOGICAL AND EMOTIONAL RESPONSES DESIGNED TO PROTECT US. THIS SECTION EXAMINES THE NEUROBIOLOGICAL PROCESSES THAT UNDERPIN THESE REACTIONS TO DEMONSTRATE THEIR UNIVERSALITY.

THE BRAIN'S STRESS RESPONSE SYSTEM

THE HUMAN BRAIN HAS EVOLVED SOPHISTICATED MECHANISMS TO HANDLE DANGER. THE AMYGDALA, OFTEN CALLED THE BRAIN'S ALARM SYSTEM, DETECTS THREATS AND TRIGGERS THE HYPOTHALAMIC-PITUITARY-ADRENAL (HPA) AXIS, LEADING TO THE RELEASE OF STRESS HORMONES SUCH AS ADRENALINE AND CORTISOL. THESE HORMONES PREPARE THE BODY FOR A 'FIGHT OR FLIGHT' RESPONSE—A VITAL SURVIVAL TACTIC.

HOWEVER, IN THE AFTERMATH OF DISASTER, THE SAME SYSTEMS CAN BECOME DYSREGULATED, LEADING TO:

- INTRUSIVE THOUGHTS OR IMAGES
- HYPERAROUSAL
- EMOTIONAL NUMBNESS
- DISSOCIATIVE STATES

THESE ARE NOT SIGNS OF PERSONAL WEAKNESS BUT NATURAL RESPONSES ROOTED IN OUR BIOLOGY.

UNIVERSAL HUMAN REACTIONS TO CRISIS

RESEARCH INDICATES THAT CERTAIN EMOTIONAL AND BEHAVIORAL REACTIONS ARE COMMON ACROSS CULTURES AND TYPES OF DISASTERS. THESE INCLUDE:

- SHOCK AND DISBELIEF
- DENIAL OR MINIMIZATION
- ANXIETY AND FEAR
- SADNESS OR GRIEF
- ANGER OR IRRITABILITY
- GUILT OR SELF-BLAME
- DETACHMENT OR EMOTIONAL NUMBNESS

UNDERSTANDING THAT THESE REACTIONS ARE NORMAL HELPS INDIVIDUALS REALIZE THEY ARE NOT ALONE OR ABNORMAL IN THEIR EXPERIENCES.

THE BENEFITS OF RECOGNIZING THAT YOUR REACTIONS ARE NORMAL

ACCEPTANCE IS A VITAL STEP IN TRAUMA RECOVERY. WHEN INDIVIDUALS REALIZE THEIR FEELINGS AND REACTIONS ARE TYPICAL, SEVERAL POSITIVE OUTCOMES CAN OCCUR:

1. REDUCES SHAME AND SELF-BLAME

MANY SURVIVORS HIDE OR SUPPRESS THEIR EMOTIONS OUT OF FEAR OF JUDGMENT. BELIEVING THEIR REACTIONS ARE ABNORMAL

CAN REINFORCE SHAME. RECOGNIZING THAT THESE RESPONSES ARE COMMON ALLEVIATES GUILT, FOSTERING SELF-COMPASSION.

2. NORMALIZES THE HEALING PROCESS

UNDERSTANDING THAT RECOVERY TAKES TIME AND THAT EMOTIONAL FLUCTUATIONS ARE PART OF THE PROCESS HELPS SET REALISTIC EXPECTATIONS. IT DISCOURAGES SELF-CRITICISM FOR EXPERIENCING SETBACKS AND PROMOTES PATIENCE.

3. ENCOURAGES HELP-SEEKING AND SUPPORT

FEELING VALIDATED INCREASES WILLINGNESS TO SEEK PROFESSIONAL HELP OR CONFIDE IN TRUSTED OTHERS, WHICH IS CRUCIAL FOR EFFECTIVE HEALING.

4. PROMOTES SELF-AWARENESS AND EMOTIONAL REGULATION

KNOWING WHAT IS TYPICAL HELPS INDIVIDUALS IDENTIFY THEIR FEELINGS WITHOUT PANIC. THIS AWARENESS CAN LEAD TO HEALTHIER COPING STRATEGIES.

5. FOSTERS RESILIENCE AND HOPE

REALIZING THAT REACTIONS ARE NORMAL REINFORCES THE IDEA THAT RECOVERY IS POSSIBLE AND THAT THEY HAVE INNATE RESILIENCE.

HOW THIS KNOWLEDGE TRANSLATES INTO PRACTICAL HEALING STRATEGIES

UNDERSTANDING THAT REACTIONS ARE NORMAL IS NOT MERELY ACADEMIC; IT HAS CONCRETE IMPLICATIONS FOR HOW SURVIVORS APPROACH HEALING. HERE ARE KEY WAYS THIS NEW LEARNING CAN BE INTEGRATED INTO RECOVERY:

1. EDUCATION AND PSYCHOEDUCATION

ENGAGING IN PSYCHOEDUCATION ABOUT TRAUMA RESPONSES HELPS INDIVIDUALS NORMALIZE THEIR FEELINGS. RESOURCES SUCH AS BOOKS, SUPPORT GROUPS, OR THERAPY SESSIONS THAT EXPLAIN COMMON REACTIONS CAN BE EMPOWERING.

2. SELF-COMPASSION AND MINDFULNESS

PRACTICING SELF-COMPASSION INVOLVES TREATING ONESELF WITH KINDNESS AND UNDERSTANDING. MINDFULNESS TECHNIQUES HELP INDIVIDUALS OBSERVE THEIR REACTIONS NON-JUDGMENTALLY, REDUCING DISTRESS.

3. DEVELOPING HEALTHY COPING STRATEGIES

KNOWING REACTIONS ARE NORMAL ENCOURAGES THE ADOPTION OF ADAPTIVE COPING MECHANISMS, SUCH AS:

- DEEP BREATHING AND RELAXATION EXERCISES
- JOURNALING EMOTIONAL RESPONSES
- ENGAGING IN PHYSICAL ACTIVITY
- SEEKING SOCIAL SUPPORT

4. AVOIDING UNNECESSARY MEDICALIZATION OR PATHOLOGIZING

RECOGNIZING THAT NORMAL REACTIONS ARE COMMON CAN PREVENT OVER-MEDICALIZATION OR LABELING THESE FEELINGS AS DISORDERS PREMATURELY, ALLOWING FOR NATURAL RECOVERY TRAJECTORIES.

5. BUILDING COMMUNITY AND PEER SUPPORT

SHARING EXPERIENCES WITHIN SUPPORT GROUPS FOSTERS VALIDATION AND NORMALCY, REINFORCING THAT OTHERS HAVE SIMILAR REACTIONS.

CASE STUDIES AND PERSONAL NARRATIVES: THE POWER OF NORMALIZATION

REAL-LIFE STORIES ILLUSTRATE HOW UNDERSTANDING THE NORMALCY OF TRAUMA REACTIONS FACILITATES HEALING:

- MARIA'S EXPERIENCE POST-EARTHQUAKE: MARIA FELT NUMB AND DISCONNECTED AFTER HER CITY WAS HIT BY AN EARTHQUAKE. INITIALLY, SHE BELIEVED SHE WAS EMOTIONALLY "BROKEN." AFTER LEARNING THAT NUMBNESS AND DETACHMENT ARE TYPICAL, SHE FELT RELIEF AND WAS MORE OPEN TO SEEKING THERAPY.
- JAMES'S JOURNEY AFTER A CAR ACCIDENT: JAMES EXPERIENCED ANXIETY AND INTRUSIVE THOUGHTS. RECOGNIZING THESE REACTIONS AS COMMON HELPED HIM REDUCE SELF-BLAME AND MOTIVATED HIM TO PARTICIPATE IN COUNSELING AND SUPPORT GROUPS.
- SUPPORT GROUP DYNAMICS: GROUP MEMBERS SHARING SIMILAR FEELINGS FOSTER A SENSE OF COMMUNITY AND NORMALCY, WHICH ACCELERATES RECOVERY.

CHALLENGES AND MISCONCEPTIONS ABOUT NORMALIZATION

WHILE RECOGNIZING THAT REACTIONS ARE NORMAL IS BENEFICIAL, SOME CHALLENGES REMAIN:

- MISINTERPRETATION AS MINIMIZATION: SOME MAY DISMISS THEIR PAIN, THINKING "EVERYONE FEELS THIS WAY," WHICH CAN HINDER PROCESSING EMOTIONS FULLY.
- OVERGENERALIZATION: BELIEVING ALL REACTIONS ARE NORMAL, REGARDLESS OF SEVERITY, MAY LEAD TO NEGLECTING THE NEED FOR PROFESSIONAL HELP WHEN NECESSARY.
- CULTURAL VARIATIONS: CULTURAL BELIEFS INFLUENCE EMOTIONAL EXPRESSION; UNDERSTANDING NORMAL REACTIONS MUST CONSIDER CULTURAL CONTEXT TO AVOID MISINTERPRETATION.

ADDRESSING THESE CHALLENGES INVOLVES NUANCED EDUCATION, EMPHASIZING THAT WHILE REACTIONS ARE NORMAL, SEEKING HELP WHEN DISTRESS PERSISTS IS VITAL.

CONCLUSION: EMBRACING NORMALCY AS A FOUNDATION FOR HEALING

REALIZING THAT YOUR REACTIONS AND FEELINGS TOWARD DISASTER ARE NORMAL AFTER ALL IS A TRANSFORMATIVE INSIGHT. IT DISMANTLES FEELINGS OF SHAME, FOSTERS SELF-COMPASSION, AND PROVIDES A REALISTIC FRAMEWORK FOR RECOVERY. TRAUMA RESPONSES, ROOTED IN OUR BIOLOGICAL AND PSYCHOLOGICAL MAKEUP, ARE UNIVERSAL HUMAN EXPERIENCES—NOT SIGNS OF PERSONAL FAILURE.

BY EMBRACING THIS UNDERSTANDING, SURVIVORS CAN APPROACH THEIR HEALING JOURNEY WITH PATIENCE, KINDNESS, AND RESILIENCE. THEY CAN BETTER DIFFERENTIATE BETWEEN TEMPORARY, NORMAL REACTIONS AND SYMPTOMS THAT REQUIRE PROFESSIONAL INTERVENTION. ULTIMATELY, RECOGNIZING THE NORMALCY OF THEIR RESPONSES EMPOWERS INDIVIDUALS TO MOVE FORWARD, REBUILD THEIR LIVES, AND RECLAIM A SENSE OF SAFETY AND HOPE.

IN THE BROADER CONTEXT, THIS LEARNING UNDERSCORES THE IMPORTANCE OF TRAUMA-INFORMED CARE, COMMUNITY SUPPORT, AND ONGOING EDUCATION. WHEN SOCIETY ACKNOWLEDGES THAT REACTIONS TO DISASTER ARE NORMAL, IT FOSTERS A MORE COMPASSIONATE, UNDERSTANDING ENVIRONMENT—ONE THAT NURTURES RECOVERY AND RESILIENCE FOR ALL WHO HAVE ENDURED TRAUMA.

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