Coping personally after major disasters and cyclones (Punjabi)

**The Facts.**

**Coping personally after major disasters and cyclones (Punjabi)**

**Facts:**

- **Understanding the Impact:**
  - Mental Health and Physical Health
  - Coping Strategies
  - Support Networks

**Steps to Coping:**

1. **Recognize the Impact:**
   - Immediate Physical and Emotional Reaction
   - Long-term Psychological Effects

2. **Seek Support:**
   - Family and Friends
   - Community Resources
   - Professional Help

3. **Engage in Coping Strategies:**
   - Physical Activity
   - Creative Expression
   - Mindfulness and Meditation

4. **Build Resilience:**
   - Set Realistic Goals
   - Practice Self-Care
   - Stay Connected

**Key Points:**

- Early intervention is crucial.
- Coping strategies may differ based on individual needs.
- Community involvement can enhance recovery.

*Queensland Government*
For more information:
For more information, please contact the Queensland Transcultural Mental Health Centre.

Telephone: (07) 3167 8333
Email: QTMHC@health.qld.gov.au