



Be cautious of the impact of a disaster on your mental health.

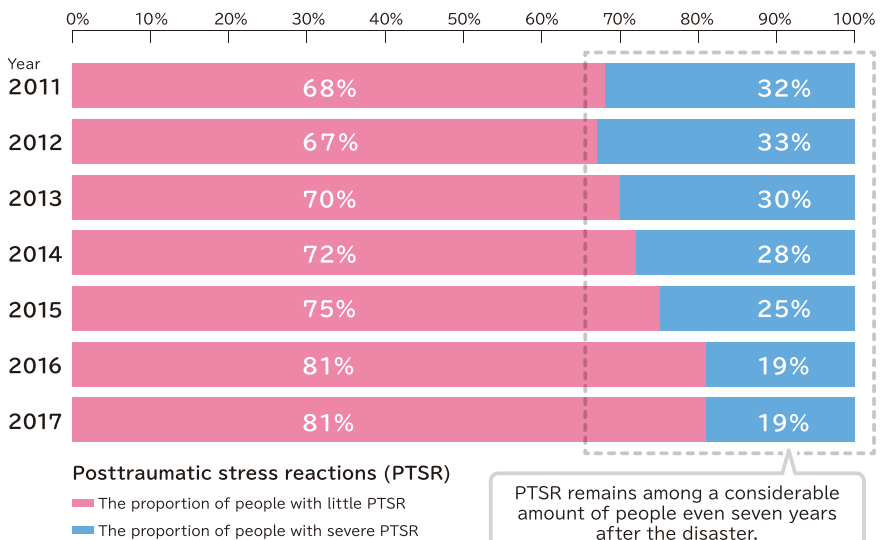
Previous findings

Stress reactions to a disaster persisted for a long time after the GEJE.

Recommendation

Find someone to share your problems with.

The Great East Japan Earthquake affected both mental and physical health. Mental conditions such as depressive states and post-traumatic stress reactions persisted among the affected communities for a long time after the disaster. When you are suffering from painful flashbacks of your experiences with the disaster, feeling nervous, and/or avoiding anything that reminds you of the disaster, please do not put pressure on yourself. Please rest appropriately and find someone to talk to. Instead of keeping it to yourself, share your pains and problems with those whom you feel safe.



※ Reference The 1st through 7th Surveys based on the joint project of Tohoku University and the Shichigahama town, Miyagi Prefecture "Shichigahama Health Promotion Project"



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