

CSS advice on fear and anxiety after the earthquake

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Summary

CSS psychologists explain how to manage fear, anxiety and sleep problems after the 9 October earthquake, and when to seek professional help.

Details (summary of the article)

Following the 9 October earthquake in Panama, the CSS says fear, uncertainty and constant alertness are normal reactions, and learning to manage them is part of recovery. Psychologist Erika Perdomo of the Dr. Carlos N. Brin Polyclinic advises relying only on trustworthy official sources, avoiding rumours and limiting exposure to news, images and videos about the event. She recommends keeping daily routines, especially meal and sleep times, to restore a sense of stability. Breathing and relaxation techniques help regulate the nervous system; one example is inhaling for four seconds, holding for two and exhaling through the mouth for four. Families should pay attention to the emotional needs of children, teenagers and older adults, explaining things simply and encouraging them to express feelings. Professional help should be sought when sleep problems, fear or anxiety persist or start to interfere with daily life. The polyclinic has a mental health team for insured people, beneficiaries, pensioners and retirees.

Original (es)

Miedo y ansiedad tras un sismo, cuide la salud mental

Después de vivir un sismo, es normal sentir miedo, incertidumbre, ansiedad o permanecer en alerta ante cualquier movimiento; tras el