

Typical reactions to living in dry times



the
power of
humanity

Living in dry times is tough and it is normal for people to feel upset, anxious and exhausted. Being able to identify signs of stress in yourself and others is important



NORMAL REACTIONS MAY INCLUDE...

- Finding it hard to concentrate and remember details
- Restlessness and unable to relax
- Problems sleeping
- Headaches, nausea
- Feel angry, sad, moody, cynical and easily emotionally affected
- Socially withdrawing
- Excess alcohol consumption

SIGNS PEOPLE MAY NEED SUPPORT

- They don't seem to be coping
- They have no one to talk to
- Relationships are strained
- Changed behaviour to usual
- Emotional numbness, depression or continuing anxiety
- Difficulty feeling connected
- Difficulty managing emotions
- Talking about something incessant

THIS HAPPENS BECAUSE OF STRESS...

- Stress is natural, it helps us get energy in challenging situations
- The stress hormone cortisol helps keep us going during tough times

However...

- It focuses us on 'coping' with life rather than life's pleasure and leisure
- When we stop doing what makes us happy it reinforces stress

For more information on Red Cross' work contact contactus@redcross.org.au

- Lifeline: 13 11 14 and [toolkit](#)
- Beyond blue: 1300 224 636
- Kids Helpline: 1800 551 800
- FarmHub farmhub.org.au
- Red Cross' [supporting children booklet](#)
- Red Cross' [Coping with a personal crisis booklet](#)