



As we approach the second anniversary of Hurricane Helene, know this: difficult emotions can resurface — even for people who felt they were doing well. **Anniversary reactions are completely normal.** Sadness, anxiety, anger, grief, trouble sleeping, or vivid memories may return. Certain sounds, smells, weather, or places can bring back strong feelings. You are not alone in this.

### Give Yourself Permission to Feel

You may feel fine one day and overwhelmed the next. There is no "right" way to experience an anniversary. Whatever you're feeling is valid.

### Be Gentle with Yourself

Recovery doesn't follow a schedule. Recognize how much you have already endured and give yourself the patience you deserve.

### Plan Ahead for the Day

Think about what might be difficult. Decide whether you'd like to spend the day quietly, with loved ones, or at a community remembrance event.

### Limit Overwhelming Reminders

Constant news coverage, social media, photos, or videos can increase stress. It is okay — and healthy — to step away when you need to.

### Connect with People You Trust

Talk, share memories, or simply spend time together. You don't have to explain everything you're feeling. Presence alone can bring comfort.

### Honor What You've Lost — and Survived

Light a candle, visit a meaningful place, share stories, pray, volunteer, or gather with others. These acts of remembrance bring connection and meaning.

### Keep Up Healthy Routines

Prioritize sleep, regular meals, hydration, movement, and time outdoors when possible. Small, consistent routines help restore a sense of stability.

### Recovery Takes Time — and That's Okay

Some people are still navigating housing, financial, family, or work changes. Continuing to need support does not mean you're "not over it."

### Reach Out When You Need Support

If anxiety, depression, sleep problems, or other distress becomes persistent or interferes with daily life, consider speaking with a mental health professional. Asking for help is a sign of strength.

📌 **There is no timeline for recovery.** Be patient with yourself. Whatever you are feeling right now — it makes sense. And you do not have to face it alone. EAN is here to help! You can reach us at 828-252-5725 or our website - [www.eannc.com](http://www.eannc.com)