

In the months after a wildfire damaged her neighborhood, Alexis found joy in her favorite sports.

“What helps me the most when I’m stressed and overwhelmed is swimming. I play water polo, I surf, and I’m on the swim team, so being in the water really helps me.”



If you’ve been through a natural disaster, it’s totally normal to feel overwhelmed. Getting active and doing things you love can help you feel better. Watch Alexis’s story and learn more ways to cope at www.cdc.gov/disasters/teens.



Need to talk to someone? Call or text the SAMHSA Disaster Distress Helpline at 1-800-985-5990.



Centers for Disease Control and Prevention
National Center for Environmental Health