

COPING IN THE AFTERMATH OF

Tragedy



Attend to self-care.

While it may seem counterintuitive to think about taking care of yourself first, you cannot be of service to others if you are unstable. Monitor all your physical health needs - being sure to eat, sleep, exercise, and (if possible) maintain a normal daily routine.



Pay attention to your emotional health.

Remember that a wide range of feelings during these difficult times are common. Know that others are also experiencing emotional reactions and may need your time and patience to put their feelings and thoughts in order.



Avoid overexposure to media.

While it is important to stay informed, media portrayals of shootings and mass deaths have been shown to cause acute stress and post-traumatic stress symptoms. Limit your exposure and take a break from news sources.



Talk to others as needed.

It is important to ask for help if you are having trouble recovering and everyday tasks seem difficult to manage.



Try to recognize when you or those around you may need extra support.

It is common for individuals of all ages to experience stress reactions when exposed (even through media) to shootings or mass violence. Changes in eating and sleeping habits, energy level, and mood are important signs of distress. When necessary, point individuals to licensed professional counselors who can provide needed support.



Maintain contact with friends and family.

These individuals can provide you with emotional support to help deal with difficult times.



Focus on your strength base.

Maintain practices that you have found to provide emotional relief. Remind yourself of people and events which are meaningful and comforting.



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