

Coping With Tragic Events

At times, we are confronted with tragic events. It is normal to have emotional reactions to situations whether we are directly involved or not. Both adults and children experience emotional reactions to different situations depending on their individual experiences.

Some *normal* reactions are: sleeping too much or restless sleeping, depression, anxiety or nervousness, sensitivity, inability to concentrate, helplessness, irritability, frustration, anger/rage, guilt, intrusive thoughts, isolation, denial of stress, feeling in a daze, emotional numbing, hypervigilance, and irrational fears.

Following is a list of ways to take care of yourself after a crisis to alleviate stress:

- Try to rest a bit more
- Contact friends
- Maintain as normal a schedule as possible
- Eat well-balanced and regular meals
- Physical activity is often helpful
- Turn off the TV; overexposure to the tragedy increases your stress
- Don't drink alcohol or use drugs to cope
- Explain the events to children in simple, age appropriate terms
- Talk about your worries with friends and loved ones
- Call the EAP, talking can help with the stress

If you have been impacted directly or indirectly by a tragic event, you may want to talk about it. We are available to take your call.

**CALL 800-327-7272 TODAY FOR FREE, CONFIDENTIAL
HELP!**

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