

How To Cope After Tragedy Strikes

Tips for Teens

#1 **Talk** about the tragic event to someone who will really listen and who you trust.

#2 Don't be afraid to **ask for information** about the tragic event so that you can understand what happened.

#3 **Limit the amount of TV News** coverage you watch.

#4 **Reassure yourself that you are safe** and that the tragic event which occurred is rare. Do what you need to do to feel safe.

#5 As a result of the tragic event you may be experiencing “strange” or “different” thoughts and feelings. **Accept these feelings and thoughts** as a normal reaction to a very unusual event. Remember that recovering from a tragic event takes time.

#6 **Find comforting routines** like listening to your favorite music or engaging in other activities you enjoy.

#7 It might be a good idea to **keep a journal** and to write down your thoughts and feelings as well as your memory of the tragic event.

#8 **Become involved and be active.** You might want to write letters to victims, help plan a memorial service, or engage in a campaign to keep the tragic event from happening again.

#9 **Stay connected** with your family and friends and **continue with your normal activities.**

#10 Get enough **sleep and exercise.** Eat well balanced meals and avoid drugs and alcohol.