

COPING AFTER A NATIONAL CRISIS OR MASS TRAUMA

After experiencing a national crisis or mass trauma, such as a natural disaster, terrorist attack or pandemic, some people may be able to return to normal activity relatively quickly. Others may experience more lasting or severe feelings of distress. Here are some tips for adults and children for coping with these situations.



ADULTS

Stay healthy with proper nutrition and exercise.

Connect with friends, family and neighbors.

Avoid drugs and alcohol.

Limit exposure to news coverage of the event.

Use credible sources to remain informed.



CHILDREN

Maintain home and school routines.

Watch for physical symptoms, such as headaches or stomachaches.

Focus on the positive, such as those in the community helping.

Spend time together as a family.

Engage in hobbies and other fun activities.

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