

When should a person seek more help?

Some people may need extra help to deal with a traumatic event.

These may include:

- People directly affected by this tragedy with personal and socioeconomic losses
- Young children
- People of any age who have been through other traumatic events
- People with previously existing emotional problems

People may need extra help coping if in the months after the traumatic events, the person:

- Still feels very upset or fearful most of the time
- Acts very differently compared to before the traumatic events
- Can't work or take care of children
- Problems with important relationships
- Uses drugs or drinks significantly more than previously
- Feels anxious or depressed
- Has flashbacks about the traumatic event

The Importance of Self-Care During and Following Terrorism and War

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Common reactions to the traumatic events:

- New or renewed fears, sadness, helplessness, anger.
- Feeling overwhelmed, confused, distracted, emotionally numb, or disoriented.
- Nightmares or upsetting thoughts and images that come to mind.
- Young children may be upset, and show regression in their behaviors

The emotional effects of terrorism and war are felt by many people: victims, bereaved family members, friends, rescue workers, emergency medical care providers, mental-health care providers, witnesses to the event, volunteers, members of the media, and citizens of the community, the affected countries and the world

These are normal reactions to the very stressful events and losses. With the help of family and friends, most people gradually feel better as time goes by.

• ***What can people do to cope?***

- If it helps, talk about how you are feeling. Use judgment about whether you feel able to listen to others who need to talk.
- Spend time with supportive people, trusted friends, and family
- Resist the tendency to isolate yourself from your known supports
- As much as possible resume your everyday routines.
- Take small, doable steps toward tackling big problems. Take one thing at a time instead of trying to do everything at once.
- Try to eat healthy food at regular mealtimes.
- Try to get enough rest and sleep.
- Take breaks from the stress.
Limit watching and reading news reports including social media
- Take time for self-care and doing something that feels good to you

What can adults do to help children cope?

- Listen to their concerns.
- Let them know that their feelings are important.
- Truthfully reassure that you are doing everything you can to help keep them safe
- As much as possible maintain their usual routines (e.g., meals, naps, and bedtimes)
- Try not to expose them to frightening images and discussions of the events including news programs, social media, or discussions of adult worries and concerns.
- Speak to children in simple, factual, and age appropriate terms about the traumatic event. Remember they will be concerned primarily about their safety and the safety of family, home, their possessions, their friends, school.
- Do your best to provide reassurance and hope for the future.