

# Coping with traumatic events

If the unimaginable has happened to your family or community, you may be overwhelmed with grief, or you may be in shock and not quite sure how you feel. However you react, immediately and in the days and weeks after, your feelings are valid, and you deserve support.

**Here4TN** is just a call away 24/7 whenever you're ready to talk. They can offer in-the-moment support and connect you to in-person or virtual counseling sessions, if you'd like.

## Here are some other tips that may help after a traumatic event:

**Start a dialogue.** Reach out to friends or family for support. If there are others who have been through the same experience, you may wish to connect with them. While people deal with a tragedy differently, speaking with others who've been through what you have can help validate your feelings and remind you you're not alone.

**Choose when to connect.** While the internet, TV and social media can be great information sources, try to avoid information overload. Taking in too much coverage of a negative event may cause additional stress and take time away from what's most important: finding ways to cope.

**Focus on your feelings.** Focusing on yourself is critical to processing a negative event and the negative emotions that may come with it. Try to get in touch with what you're feeling. It's normal to experience different emotions after a tragedy, and you may move through several feelings over time. From shock or sorrow to fear or anger, acknowledge your

feelings as they occur to you. Self-awareness is an important first step to learning to manage your feelings.

**Pay attention to your health.** Remember that taking care of yourself isn't selfish. Don't forget the importance of exercising regularly, choosing a healthy diet, getting good sleep and avoiding bad habits, like smoking or excessive alcohol use. Try stress-relieving techniques like practicing meditation or yoga.

**Talk with a specialist who cares, 24/7:**

**855-Here4TN**  
(855-437-3486)

or visit **Here4TN.com**