



## Stress After Tragedy

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A tragic event creates a tremendous amount of stress and anxiety for those both directly and indirectly affected. Common reactions to tragedy include:

- Disbelief and shock
- Fear and anxiety about the future
- Disorientation; difficulty making decisions or concentrating
- Apathy and emotional numbing
- Nightmares and reoccurring thoughts about the event
- Irritability and anger
- Sadness and depression
- Feeling powerless
- Changes in eating patterns; loss of appetite or overeating
- Excessive crying
- Headaches, back pains and stomach problems
- Difficulty sleeping or falling asleep
- Increased use of alcohol and drugs

### Tips For Coping with Stress:

It's normal to have difficulty managing your feelings after a tragedy. Because everyone experiences stress differently, don't compare yourself with others around you or judge other people's reactions and emotions. Here are some tips for coping with stress:

- Talk about it
- Spend time with friends and family
- Take care of yourself
- Take one thing at a time
- If you can, help
- Avoid drugs and excessive drinking
- Ask for help if you need it