Coping *with* Violence

After a violent incident, you may feel shaken and unsure of what to do next. Even if you and your loved ones are safe, you may feel sad and overwhelmed at the losses that others have suffered.

You may also be struggling to understand why violence occurs, and how you and your loved ones can feel safe in a world that sometimes seems dangerous and unpredictable. If you're feeling overwhelmed, these tips may help.

- **Keep a balanced outlook.** After a traumatic event, it's easy to lose some faith in human nature. But you can often spot acts of compassion, heroism and kindness in a crisis. Look for the people who risk their lives to rescue complete strangers, who open their hearts and homes to the victims, or who donate their time and money to those in need.

- **Take a break from the news.** After a traumatic event, news coverage may be constant. While you may want to learn more about what happened, overexposure to the event can be stressful. Remember to take a break from the news and spend that time on a healthy, relaxing activity instead, such as walking, meditation or gardening.

- **Help others.** After a traumatic event, you may feel helpless. Channel your focus into making a positive difference in your community, which can be healing and empowering. Donate to a fundraiser (or organize one), join a candlelight vigil, perform a random act of kindness, or send a thank you note to the first responders in your community.

- **Be compassionate toward yourself.** People respond to traumatic events very differently, and there is no right way to react or feel. Whether you experience grief or numbness, anger or fear, it is important to honor those feelings.

Remember, talking about your feelings can also help. If you need to talk, call your Employee Assistance Program (EAP). Your EAP is here for you.

Need help?
Call toll-free, 24 hours a day, seven days a week: 1-800-722-EASE
TTY users call 711.
Or visit us at: mhn.advantageengagement.com
and register with the company code: EASE