



Trauma Intervention Programs of San Diego

HOW TO COPE AFTER TRAGEDY STRIKES

TIPS FOR TEENS

- 1 | Talk about the tragic event to someone who will really listen and who you trust.
- 2 | Don't be afraid to ask for information about the tragic event so that you can understand what happened.
- 3 | Limit the amount of TV News coverage you watch.
- 4 | Reassure yourself that you are safe and that the tragic event which occurred is rare. Do what you need to do to feel safe.
- 5 | As a result of the tragic event you may be experiencing "strange" or "different" thoughts and feelings. Accept these feelings and thoughts as a normal reaction to a very unusual event. Remember that recovering from a tragic event takes time.
- 6 | Find comforting routines like listening to your favorite music or engaging in other activities you enjoy.
- 7 | It might be a good idea to keep a journal and to write down your thoughts and feelings as well as your memory of the tragic event.
- 8 | Become involved and be active. You might want to write letters to victims, help plan a memorial service, or engage in a campaign to keep the tragic event from happening again.
- 9 | Stay connected with your family and friends and continue with your normal activities.
- 10 | Get enough sleep and exercise. Eat well balanced meals and avoid alcohol.