

COPING STRATEGIES

following a crisis, tragedy,
or community violence

When confronted by an unexpected crisis that involves tragic violence, individuals will respond in their own unique ways given their personality and prior life experiences. Even so, many people find that they share some common reactions including shock, horror, sadness, anger, and anxiety.

Here are some coping strategies for adults following such an incident:

- 1 Talk about your thoughts and feelings with someone you trust.** Keeping negative emotions or disturbing thoughts bottled up inside only tends to make them more difficult to manage.
- 2 Limit the amount of media exposure pertaining to the incident.** Balance being informed with being overwhelmed.
- 3 Make sure to take good care of yourself.** Eat healthy, well-balanced meals. Get plenty of sleep. Exercise regularly.
- 4 Use positive coping strategies** such as journaling, deep breathing, engaging in hobbies.
- 5 Participate in community-based activities in response to the tragedy,** such as a prayer vigil. A sense of belonging to a community at such a time can be powerful.
- 6 Do something positive.** (Overcome evil with good.) Send a note of appreciation to emergency first responders thanking them for their selfless service. Make a donation to the victim(s). Volunteer with your church or another community-based organization that responds in times of crisis.
- 7 Pray.** Ask God to comfort all those impacted by the incident.
- 8 Look to Scripture for encouragement.** Read a devotion about overcoming trials. Meditate on Romans 8:28; Isaiah 43:1-3; or 2 Corinthians 1:3-4.

*For more information, or to schedule an appointment with a Christian counselor, please call **800.438.1772**. Counseling services are provided in person at our Midwest clinic locations or anywhere via secure video. Learn more at www.ChristianFamilySolutions.org.*

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