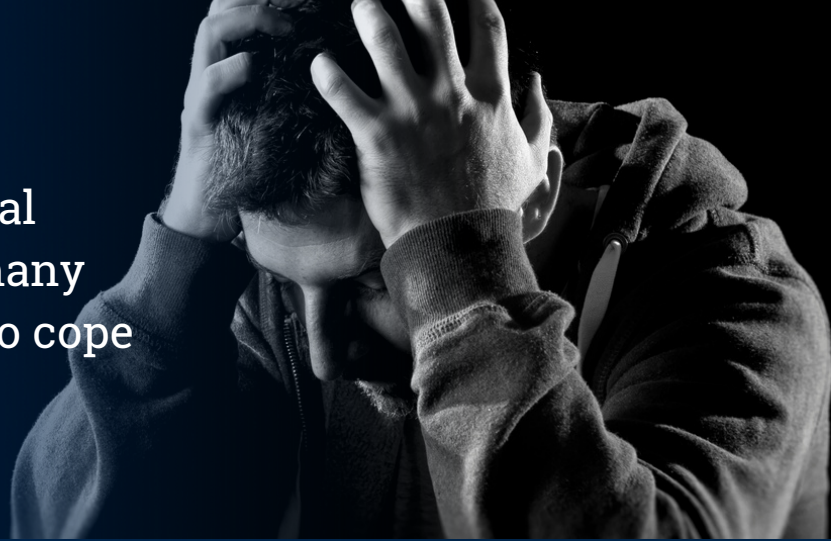


## Tips for Coping with Community Violence



## Right now in Central Oregon there are many people struggling to cope



Right now in Central Oregon, there are many people struggling to cope with and understand how this kind of shooting could occur and why this would happen in our community.

At High Lakes Health Care, we have talked to many people who are experiencing a variety of emotions that include shock, sorrow, numbness, fear, anger, cynicism, grief, and other reactions. You may find that you have trouble sleeping, concentrating, eating, or remembering even

simple tasks. This is common and normal and should pass after some time.

The support of family, friends, and health care providers can help to lessen the emotional impact and distress brought about by this tragedy. You may feel that the world is a more dangerous place today than it was yesterday. It will take some time to recover your sense of safety and regain composure.

### Meanwhile, you can strengthen your resilience and ability to adapt in the face of adversity by using these tips and resources:

#### Ask for support

Talk to people and ask for support from people who care about you and who will listen to your concerns. It often helps to speak with others who may be feeling similar feelings, so you do not feel so different or alone.

#### Remember the meaningful things

Remind yourself of people and events that are meaningful, comforting, and encouraging. This allows for a healthier perspective on yourself and the world around you. The world is a challenging place, but it also holds many good people, beautiful places, and meaningful experiences.

### Unplug from social media

Turn off the news and social media and take a break. You may want to keep informed, but limit the amount of news you take in. Being overexposed to news media can actually increase your stress.

### Honor your feelings

Remember that it is common to have a range of emotions after a traumatic incident.

### Take care of yourself.

Engage in healthy behaviors to enhance your ability to cope with excessive stress. Eat well-balanced meals, get plenty of rest and build physical activity into your day. Avoid alcohol and drugs because they can suppress your feelings rather than help you to manage and lessen your distress. Maintain healthy routines such as eating meals at regular times and following an exercise program. If you are having trouble sleeping, try some relaxation techniques, such as deep breathing, meditation, or yoga.

### Connect with your community

Locate resources in your community that help people who have been affected by this incident, or have other needs. Helping someone else often has the benefit of making you feel better.

### Give yourself time

Remember that grief is a long process. Give yourself time to experience your feelings and recover.

**If you or a loved one is having problems coping with these, or any events, please reach out for support**

\*High Lakes Health Care: (541) 389-7741

\*Deschutes County Crisis Line: (541) 322-7500



## What About Our Children?

### Tips for Talking to Kids/Teens about Community Violence

#### Emotions are Important

Your emotions are important: kids, especially younger kids, tend to look to us to see how we are responding. Take some time to label your emotions for yourself and model for them.

#### Provide factual information

Provide factual information in an age appropriate way. Reinforce that you are safe and together now.

#### Take time to listen

Take time to listen to what they ask and say. If you don't know the answer to a question they have, it's ok to say "I'm not sure, I'll find out and let you know".

#### Validate their experience

Validate their experience. Reflect what you are hearing and help them label their emotions.

#### It's ok to feel scared

"You felt scared when you heard about what happened. It's ok to be scared, we're together and safe now"

#### Avoid excess media exposure

Try to avoid too much media exposure. The more we dwell and focus on what happened, the more likely we are to be anxious and scared.

#### Keep your routines

Keeping routines is important, this helps your child feel safe and that their environment is predictable, and allows for connection with you and with others.



## Other Resources

If you feel your child is having problems coping with these, or any events, please reach out for support

\*High Lakes Health Care: (541) 389-7741

\*Deschutes County Crisis Line: (541) 322-7500

\*Creating Supportive Environments When Scary Things Happen:

<https://www.nctsn.org/sites/default/files/resources/fact-sheet/creating-supportive-environments-when-scary-things-happen.pdf>

\*Coping with Stress Following a Mass Shooting

[https://www.cstsonline.org/assets/media/documents/CSTS\\_FS\\_Coping\\_with\\_Stress\\_Following\\_Mass\\_Shooting.pdf](https://www.cstsonline.org/assets/media/documents/CSTS_FS_Coping_with_Stress_Following_Mass_Shooting.pdf)

## Books for kids

*Once I was Very Very Scared*

by Chandra Ghosh Ippen

*Something Happened in Our Park: Standing Together After Gun Violence*

by Ann Hazzard, Marianne Celano, and Marietta Collins