

Coping with Senseless Violence



Our liveandworkwell.com site provides support to help you and your family cope with distressing situations. See the rotating *Spotlight* and our *Live Well* and *Be Well Centers*

Register/login or use your company access code to enter. Your phone support number is also displayed on your site Welcome page.

Managing Your Distress in the Aftermath of a Shooting

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You may be struggling to understand how a shooting could occur and why such a terrible thing would happen. There may never be satisfactory answers to these questions.

We do know, though, that it is typical for people to experience a variety of emotions following such a traumatic event. These feelings can include shock, sorrow, numbness, fear, anger, disillusionment, grief and others. You may find that you have trouble sleeping, concentrating, eating or remembering even simple tasks. This is common and should pass after a while. Over time, the caring support of family and friends can help to lessen the emotional impact and ultimately make the changes brought about by the tragedy more manageable. You may feel that the world is a more dangerous place today than you did yesterday. It will take some time to recover your sense of equilibrium.

Meanwhile, you may wonder how to go on living your daily life. You can strengthen your resilience—the ability to adapt well in the face of adversity—in the days and weeks ahead. Here are some tips:

- Talk about it
- Strive for balance
- Turn it off and take a break
- Honor Your feelings
- Take care of yourself
- Help others or do something productive
- If you have recently lost friends or family in this or other tragedies, remember that grief is a long process. Give yourself time to experience your feelings and to recover.

Read the rest of this article and others for support on liveandworkwell.com. They are available in our *Live Well – Disaster Preparedness Center* or our *Be Well – Recovery & Resiliency Center*. Your children may need special attention and support too. [Liveandworkwell.com](https://liveandworkwell.com) provides advice for parents and age-appropriate content for children and teens too. See the *Live Well Parenting Centers - My Healthy Family* area in any parenting center. A clinician search tool is also available if you want to talk with a mental health professional for further support.

liveandworkwell.com

Confidential resources for mental health and life's changes

For many people, using the tips and strategies mentioned on the front may be sufficient to get through the current crisis. At times, however an individual can get stuck or have difficulty managing intense reactions. A licensed mental health professional such as a psychologist can assist you in developing an appropriate strategy for moving forward. It is important to get professional help if you feel like you are unable to function or perform basic activities of daily living.

Recovering from such a tragic event may seem difficult to imagine. Persevere and trust in your ability to get through the challenging days ahead. Take the steps to help you cope at this very difficult time.

Liveandworkwell.com articles include (login first to view):

- Managing Distress in the Aftermath of a Shooting
- The Emotional Effects of Violence
- Coping with Traumatic Stress Reactions
- How MANAGERS Can Help Employees Cope with Trauma
- How to Talk to Your Child About the News
- For Teens: Someone at school has a weapon, What Should I Do?
http://kidshealth.org/PageManager.jsp?lic=62&n=LiveAndWorkWell&article_set=22531&cat_id=20979

Use the **Search for a Clinician Quick Link** if you wish to talk with a mental health clinician for yourself or your child.



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