

Coping a year after the disaster...

YOU ARE NOT ALONE.



NEBRASKA STRONG
RECOVERY PROJECT

FREE & CONFIDENTIAL ASSISTANCE
24 HOURS A DAY/ 7 DAYS A WEEK

988 | SUICIDE & CRISIS
LIFELINE

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Coping a Year After Disaster:

For survivors, loved ones of victims and others who experience disasters, anniversary dates of the event, holidays, birthdays and other special occasions ('trigger events') may be met with joy and new reasons to celebrate, even after a tragedy. These times, however, can also be difficult to face and when they are, some people feel distress as strongly as right after the disaster. It is not unusual for this to happen. When you or someone you care about feels emotional distress in the days leading up to and during a disaster anniversary or other 'trigger event,' try these tips for coping, and remember that you are not alone!

- Be aware that special days may be difficult.
- Be gentle with yourself.
- Participate in rituals that may provide comfort.
- Talk about your losses if you need to.
- It is natural to have strong thoughts, feelings and memories about the disaster even now.
- Accept kindness and help from others.
- Helping others may actually help yourself.

Tips for Parents:

- **Model calm behaviors** — Children take cues about how to handle situations from the adults in their lives.
- **Limit media exposure** — Protect children from overexposure to sights and images of the event in newspapers, on the internet, or on television.
- **Provide extra support as the disaster anniversary nears** — Spend extra time with children at bedtime and provide ways for children to express their feelings through play, art, or music.

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