

Guidance for Individuals and Families

AFTER TRAUMATIC EVENTS

Acts of violence, social or civil unrest, and domestic terrorism – such as the attack on the Capitol Building – has impacted individuals, families and communities. Additionally, feelings of uncertainty about the pandemic have also caused fear, anxiety and social isolation. Similar to the aftermath of the terrorist attacks on 9/11, information and support is critical to build resilience and promote recovery during this turbulent time.

Create a “New Normal” for You and Your Family

- Establish a daily routine for meals, work, exercise, and sleep
- Adopt a family plan to prevent spreading the disease
- Ensure you and your family members socialize
- Be prepared to have adequate food, supplies and medication on hand
- Be informed about your local community guidelines
- Rely on reputable sources for news updates
- Limit overexposure to news and social media reports
- If you are working from home, set boundaries to separate your work from time dedicated to your family
- Take care of yourself, to better care for your family

Taking Care of Your Mind and Body

- Engage in relaxing activities
- Eat healthy food
- Stay hydrated
- Try to get regular exercise and sleep
- Spend time outdoors and enjoy nature
- Avoid the use of alcohol and drugs or participating in risky behaviors
- Avoid stimulants like caffeine, sugar, or nicotine
- Use spirituality, meditation or relaxation techniques as an effective means of relieving stress

Other Helpful Hints

- **Find resources and support in your community.** Identify professionals that can provide mental health and medical treatment, and other services.
- **Use trustworthy sources for information.** During times of crisis, access to accurate information is critical. Rely on reputable organizations for guidance and avoid overexposure to news that can cause stress.
- **Expand your social support system and network.** Stay in close contact with family and friends outside your household, by phone or by using technology to increase interactions and minimize isolation.
- **Express your emotions. Holding in your feelings can be unhealthy.** Know that at times of uncertainty it's normal to experience a range of emotions. Share your feelings with family and friends you can confide in.
- **We are in this together.** Remember everyone's journey is different, so be patient with yourself and others.

