SOME STEPS THAT MIGHT HELP US REDUCE THE PAIN OF A TRAUMATIC EVENT:

1. Listening to the people who want to talk and respecting the will of those who are not able to talk since forcing them to do so could lead to another shock.

2. Allowing ourselves and each other to express our feelings of fear, anxiety, anger, or other; and not to quickly resort to reassurance and comforting, because this may lead to the person feeling that they have no right to have these emotions.

3. Even if we don’t feel like it, it is important to maintain regular eating, drinking and sleeping routines. This can help us conserve our energy to deal with this disaster.

4. Not to resort to alcohol and sedatives, because it may delay our ability to recover.

5. If you’re going through emotional distress and need to talk with someone, you can call the National emotional Support Hotline 1564 -embrace lifeline