Spring Health | RHODE ISLAND LABORERS' BENEFIT FUNDS | LiUNA!

We're Here For You

We feel a collective sense of loss, pain, and sadness after a violent tragedy. Having an intense emotional reaction is to be human.

Take the time you need to sort through your thoughts and feelings. They will change over time, so understanding what to expect can be helpful.

What to expect now:

- Overwhelming fear and worry
- Intense sadness and despair
- Anger
- Physical aches and pains

What to expect in the next few weeks:

- Lingering thoughts or images of the event
- Periods of intense sadness that come and go
- A desire to 'do' something
- Interrupted sleep or eating patterns that aren't typical

Our brains and bodies take time to absorb traumatic events and work through our emotional responses. Take that time for yourself.

What you can do:

- **Intentionally process your thoughts and feelings.** Talk, write, journal, listen to music.
- **Take care of yourself.** Rest, exercise, eat good food, connect with friends.
- **Keep media coverage limited.** Avoid repetitive information or images.
- **Keep a routine.** There's a sense of calm and feelings of safety in our routines.
- **Get involved.** Joining an organization that aligns with your values is healing.

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Supporting Children

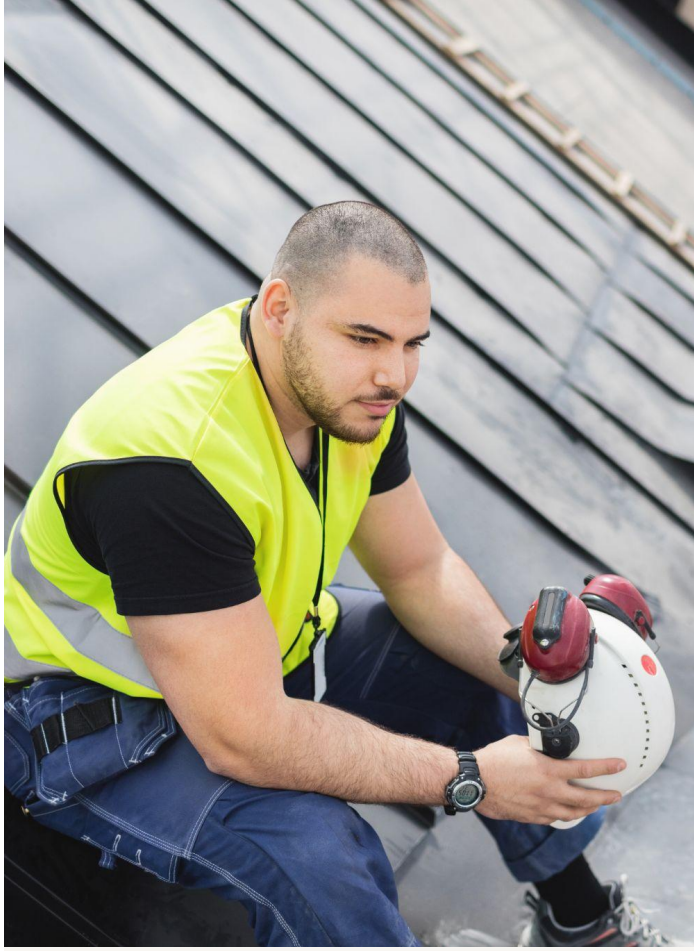
While violent tragedies are difficult to comprehend as an adult, they're even more confusing and frightening for children, as they try to understand and cope with the effects of the violence. They look to adults to provide guidance and reassurances of their safety and security.

Creating space to share their feelings is a great place to start. The *National Association of School Psychologists* emphasizes some additional ways to provide support.

- **Ask them what they're thinking and feeling.** Let their questions be your guide for how much information to provide
- **Keep your explanations developmentally appropriate**. Elementary school children need brief answers and reassurances. Older children may have more questions and need more information. Follow your child's lead.
- **Review safety procedures.** Help children identify at least one adult at school and in the community they can go to if they feel threatened or at risk.
- **Observe your child's emotional state**. Some children may not express their concerns verbally. Changes in behavior, appetite, and sleep patterns can also indicate a child's level of anxiety or discomfort.
- **Limit media exposure.** News coverage can cause anxiety or confusion.
- **Maintain a normal routine.** Keeping to a regular schedule is reassuring and promotes stability.

Additional Resources:
Visit nasponline.com for additional information for parents on safety, children's trauma reactions and crisis response.

Watch this video from R3 Continuum:
How to Talk to Your Kids About Gun Violence



Your benefits with Spring Health

Spring Health—your mental wellness benefit provided by Local 271—can help you work through any difficult feelings you may be experiencing. It's 100% confidential, so your info will never be shared with anyone

FLOWCODE PRIVACY.FLOWCODE.COM

Get confidential support:

rilhf.springhealth.com

1-855-629-0554
(Select option 2 for 24/7 crisis support)