



**VEGAS STRONG**  
RESILIENCY CENTER

**HELP IS HERE FOR YOU  
AND THOSE YOU LOVE**

VegasStrongRC.org

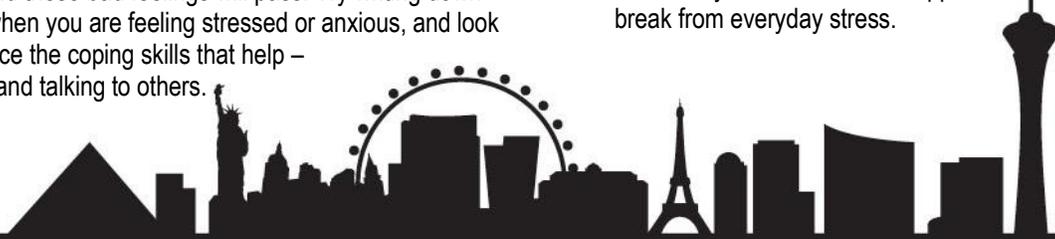
## Trauma Coping Tips

People grieve and cope with trauma in different ways and over varying lengths of time. Reminders of the 1 October festival shooting can cause distress for survivors, family members of victims and others impacted. Special events and anniversaries, hearing certain songs or loud noises like fireworks, watching news stories about other violent events, or experiencing crowds may cause feelings of fear, anxiety, guilt, flashbacks, or other symptoms. These suggestions from mental health experts may help you cope:

- **Stay in your normal routine as much as possible.** Even if you don't feel like it, go to work, go to school and try to carry on with your usual chores. It helps to reduce stress if you continue doing the things you would normally do every day. Anniversaries, holidays and birthdays may be particularly difficult, especially for those who lost a loved one. To cope, plan to be with people who care about you and plan an activity together.
- **Reach out for help.** Feelings of sadness, anger, anxiety and depression are common after a traumatic event. When you feel distressed, don't be alone. Talk to someone who is understanding and cares about you such as a friend, family member, pastor or therapist. You may also call us at (702) 455-2433 (AIDE) or toll-free at 1-(833) 229-2433. After hours, on weekends or holidays, call the national Disaster Distress Helpline at 1 (800) 985-5990.
- **Seek Counseling.** If you are struggling with memories, flashbacks or reminders of violence, counseling can offer some coping strategies. It's not uncommon for survivors of mass violence to seek counseling months or even years after an event. Symptoms caused by trauma include difficulty sleeping, changes in appetite, fatigue, isolation, increased use of drugs or alcohol, avoidance of people or places that remind you of the traumatic event, and inability to feel or control emotions.
- **Deal with feelings of survivor's guilt.** It is not unusual for survivors of a traumatic event to feel guilt. To process this emotion, it may help to find a way to honor those who died or were injured by remembering them in private, with your faith community, or by doing an activity that has meaning to you in the community at large.
- **Connecting with other survivors may help.** Many people who have suffered from mass violence say it's helpful over time to connect with other survivors. The Vegas Strong Resiliency Center can help connect survivors with support group resources in Las Vegas and other communities. Contact us for information through our website or call us.
- **Learn what triggers your anxiety.** If images of the event or loud noises trigger unease, remind yourself that the event is not happening again and these bad feelings will pass. Try writing down what bothers you when you are feeling stressed or anxious, and look for a pattern. Practice the coping skills that help – breathing, walking and talking to others.

## General Tips for Dealing with Stress & Anxiety

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from the problem helps clear your head.
- **Eat well-balanced meals.** Do not skip any meals. Keep healthful, energy-boosting snacks on hand.
- **Limit alcohol and caffeine,** which can aggravate anxiety and trigger panic attacks.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Be physically active.** Find an activity or sport that interests you. Even short walks or dancing can help you feel good and maintain your health.
- **Take deep breaths.** Inhale and exhale slowly.
- **Count to 10 slowly.** Repeat, and count to 20 if necessary.
- **Try some grounding techniques to connect you to the here and now.** Focus on the details present in your surroundings or on neutral physical sensations. Count something that you notice such as trees, people with hats, or floor tiles. Notice the colors that you see, or the flavors that you taste.
- **Distract yourself.** Take a short walk, get a drink of water, wash your hands, or use a personal device to listen to audiobooks, podcasts, or music.
- **Talk to someone.** Let others know when you are feeling overwhelmed and how they can help.
- **Connect with others.** Visit a peaceful place or attend a support group. Spend time with someone who you trust and are comfortable with.
- **Maintain a positive attitude.** Try replacing negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.



Local Las Vegas: 702-455-AIDE (2433) | Outside Nevada 1-833-299-2433  
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