**Coping Suggestions**

* Give yourself permission and TIME to grieve.
* Focus on your strengths and coping skills.
* Ask for support and help from your family, friends, church or other community resources. Join or develop support groups.
* Pray
* Redefine your priorities and focus your energy and resources on those priorities.
* Set small realistic goals to help tackle obstacles. For example, reestablish daily routines for yourself and your family.
* Clarify feelings and assumptions about your partner. Remember that men and women may react differently. Some people take on a caretaking position, putting others first, while others may have difficulty acknowledging and expressing feelings of helplessness and sadness and believe in "toughing it out."
* Eat healthy meals and exercise.
* Get enough rest to increase your reserve strength.
* Acknowledge unresolved issues and use the hurt and pain as a motivator to make the necessary changes to heal.
* Continue to educate yourself and family about normal reactions to a disaster.
* Talk about the incident as you need. Be supportive of others. Set an example by expressing your feelings and showing problem solving skills in dealing with family problems.