



# Coping with Crisis in the Media

## Weave your own safety net.

Following these tips can help you get on with your day-to-day life, even during stressful times.

- **Talk to your friends and your family and spend time with them.** If you find yourself feeling unsafe, uncertain, worried, or scared, or if you don't understand what is going on around you, talk to your parents, professors, or a school counselor. Your parents or others can help explain these events so you can understand things better. By talking with your friends and your family, you can share your feelings and know you are not alone. Plus, spending time with them may help you feel more safe and secure. **Help out others.** Sometimes when you are concerned about what is going on around you, it is helpful to give others support. You can help out by raising money, donating clothes, or organizing an event like a food drive at your school to collect food and/or supplies for an organization that helps people affected by war, terrorism, or natural disasters. Even if you and your family are the ones who are affected by a disaster, helping others can help you deal with your own stress—it may make you feel a little more in control.
- **Write down your feelings.** Writing your feelings down—in a diary, a journal, or even on a piece of scrap paper—is a great way to get things off of your chest. You can write down how you feel, what's going on in your life, or anything else!
- **Stick to your normal routine.** There is comfort in the little things you do every day—so keep on doing them! Take care of yourself. Get lots of sleep, eat well, and be physically active.
- **Take a break from the TV news.** Watch a funny movie, get together with friends, or read a funny book or magazine. Too much information about disasters can get you down, so try a change of pace. Did you know that smiling has been proven to improve your mood? That can help you feel like new and take your mind off things for a while.

Sometimes things happen that you just can't anticipate, but a few things (like hurricanes, tornadoes, or forest fires) occur in certain areas of the country during certain seasons. If you live in areas where weather "can take you by storm," you can take a few steps to help prepare in case of an emergency. Being prepared can help you feel like you have more control in an emergency and help you feel less stressed.

- **Make a plan.** Talk to others about being prepared. Just as families or campus officials should have a plan to get out of the house or buildings in case of a fire, you can make a plan in case bad weather strikes. Choose a place to go, who you would call, or what you would do. Make sure to talk about what you should do if you are at school or at work.
- **Have an emergency supply kit.** During or after a storm, you may be without power for a few days or you may not be able to leave your home or dorm. Work to put together a supply kit for such emergencies. Some things to have on hand include water and nonperishable foods such as crackers, peanut butter, and canned food (soup, fruit, veggies, etc.). Make sure to have a battery-powered radio, flashlights, and extra batteries on hand. A first-aid kit, facial tissue, and toilet paper are good things to consider packing. Lanterns (lamp oil) or candles for light are good things to have, too. Also, don't forget about your family pet. Pack extra water and food for your four-legged friends. Look at <https://www.ready.gov/kids/build-a-kit> for other items that should be included in your disaster kit.
- **Put together an activity survival kit.** Having some favorite books on hand will keep you interested and help pass the time. Visit <https://www.ready.gov/kids/games> for a few more suggestions. While you may not want to live without power forever, being without it for a few days may be fun—it could give you an idea of what life was like before electricity!

U.S. Centers for Disease Control and Prevention, BAM! Body and Mind. (Updated 2015, May 9). *News you can use*. Retrieved April 22, 2019, from <https://www.cdc.gov>

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