Dealing with Trauma

Grief and loss related to recent events (examples: George Floyd death, community violence, loss of hope, confidence in long held beliefs, justice, perceptions about safety, etc.)

Coping Strategies

• Stay in the present and breathe
• Allow/acknowledge feelings – an emotional roller coaster is normal
• Trust that your body’s reactions are natural, normal, and evolutionary adaptive
• Remove additional stressors to the best of your ability
• Exercise and release of energy
• Minimize the self-talk (the “should haves” or “could haves”)
• Spend time with others, especially those who can provide support or comfort
• Find a way to “get it out” from the body and brain
• Realize those around you may also be feeling stress
• Don’t make any major life decisions or changes
• Reoccurring thoughts, dreams, and flashbacks are not abnormal
• Find sources of joy or normalcy (humanity)
• Reach out for support or assistance
• Cities as employees can provide safe places for conversations