

# Coping with Crisis in the Media

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. 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.