

Coping with tragic events:

Tips to ease stress and find comfort

Tragic events understandably cause distress for many, whether you experienced or witnessed them directly, supported someone affected by them, or saw coverage of them in the media. It's completely normal to feel overwhelmed. If you're struggling, these tips may help you process your emotions and begin to cope.

Common reactions

It's completely normal to be affected by these kinds of events and to experience feelings and challenges like:

- Shock, feeling that this is “unreal”
- Anger or frustration
- Fear or anxiety over the safety of yourself and others
- Trouble eating or sleeping
- Difficulty concentrating or making decisions
- Extreme exhaustion or feeling on edge
- Physical reactions—stomachache, headache, shakiness, or muscle tension

Turn to us

We'll connect you with the right professionals who can help with coping strategies, how to talk with children about upsetting events, and dealing with feelings of anger, fear, and helplessness.

Healthy ways to cope

Acknowledge your emotions. It's important to accept your feelings and not ignore or push them away. Allowing yourself to feel your emotions can help you better navigate challenging times.

Recognize that everyone reacts differently to traumatic events. There is no one right way to feel. It's important to give yourself and others the space to process in their own way and time.

Seek support. Reach out to friends, family, or a mental health professional for emotional support. Talking about your feelings can help alleviate stress and provide comfort.

Limit news and social media exposure. While it's important to stay informed, frequent exposure to news or social media about tragic events can increase anxiety and stress.

Be aware, not fearful. Constant fear can reduce your ability to recognize potential dangers. Stay aware of your surroundings and notice unusual behaviors to feel more in control.

Focus on what you can control. In a world that can sometimes feel uncertain, focusing on what you can control can ease anxiety.

Find balance in challenging times. Tragic events can be overwhelming, but focusing on the good around you or how past challenges led to positive change can help restore balance.



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