



## FOR IMMEDIATE RELEASE

**CONTACT:** Betsy Gard, Co-Chair of the Disaster Response Network of GPA; drbetsy5151@comcast.net

# How to Cope with the Pain & Grief Resulting from the Colorado Shooting Rampage

**Atlanta, GA; July 20, 2012**—The recent shooting in Aurora, Colorado evokes questions, confusion, concerns, and in some, distress and anxiety. Many emotions can be stirred by what appears to be a random act of violence. Even if we do not personally know any of the people involved, traumatic events become close and personal through the media. We can imagine our own reactions if we had been there or if our loved ones had been there. We fear a similar event occurring in the future here in Georgia or to us. We question our personal safety and the safety of our loved ones. We may watch the media intensely looking for more information.

The reasons for this traumatic event may or may not become clear over time as many of these tragedies are senseless and remain confusing.

We are left to work through our reactions to the event and comfort ourselves and our children so we can live our lives with courage and hopefulness despite very bad things that can happen to people we know or people we might know. To help ourselves and our children with handling and coping with this most recent violent event, some suggestions may be of assistance.

- Take a break from the Media. Shield your child or children from seeing and hearing too much from the media.
- If your child has questions, do not give more information than is asked and reassure them that they are safe.
- Think of positives in the world. Try to remember people who have done good deeds and all of the good people who are near and dear to you that help others. Focus on good people, good things happening in your life and good things that you can do to help others.
- Be proactive for yourself and your loved ones. Realize that you have the power to take care of yourself and exercise that power. You can take care of yourself and protect yourself from dangers that are immediate like not texting while driving, wearing your seat belt, getting the rest you need to focus, exercising which protects your health and long term well being. Think of the many ways you take care of your family by having them eat healthy foods, brush their teeth, go to bed on time, use the cross walk when crossing the street, and all the other ways you safeguard your own and others well being.
- Know that millions of people go to movies and have gone to movies for decades safely and have never been injured or hurt doing so. Be aware of the unlikely probability of this traumatic event.
- Do things that you enjoy and help you feel better about yourself and your life.
- If it helps you feel better, talk about it with friends. If it upsets you, don't talk or dwell on it.
- Know that time helps people put events in perspective and helps reduce the intensity of the immediate emotions.

Sometimes traumatic events bring up past difficulties or traumas. For some, the events may trigger more intense anxiety due to day-to-day struggles. You or a loved one may have intense reactions to as a result of some current difficulties or life challenges. If this is the case, do not hesitate to see this a good time to seek help for you or your loved ones. A psychologist can help you better understand these intense reactions and help you develop better coping strategies.

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