

Shootings: Strategies on Coping with Stress & Concern

The recent incidents of shootings in the news, including the tragic shootings in Monterey Park and Half Moon Bay, can cause concern for people living in the area. It's normal to experience stress, anxiety and fear during this type of situation.

Here are some coping strategies you can take to aid in your recovery:

1. Manage Your Stress

- Stay informed. Refer to credible sources for updates on the situation.
- Stay focus on your personal strengths.
- Maintain a routine.
- Make time for recreation and relaxation.

2. Prepare Yourself and Your Family

- Attend community meetings for resources/education.
- Give honest age-appropriate information to children.
- Become familiar with local medical and mental health resources in your community.
- Stay calm! Children look to you to interpret confusing events.

3. Connect With Your Community

- Keep contact with family and friends
- Join a community or religious group.
- Accept help from family, friends, co-workers and clergy.
- Reach out to neighbors and friends with access and functional needs that may need your assistance.

4. Reach Out and Help

- Become involved in the recovery process. Helping others heal can be beneficial to one's own recovery.
- Locate a charity or volunteer organization near you.
- Find out what's needed and how you can be of most help.
- Encourage friends and family to get involved with you.

If you or a loved one is having difficulty coping over concern regarding air quality, consider seeking professional help.



Be Proactive!

1. Prepare yourself and your family for emergencies.
2. Set up strong social support networks.
3. Help others in need by volunteering and donating time and resources to trusted organizations.
4. Keep a positive attitude and outlook.

Resources

Los Angeles County
Department of Mental Health
Access Center 24/7 Helpline
(800) 854-7771

Los Angeles County
Department of Public Health:
<http://publichealth.lacounty.gov/eprp/media/index.htm>

