

GUIDE TO WELLBEING

The anniversary of the March 15th Christchurch attacks may be a distressing time for many people. It is normal to experience a range of emotions in response to such traumatic events.

EMOTIONAL REACTIONS

- **Fear** – that there may be another attack, that you, your family and friends may not be safe
- **Anger** – that innocent people lost their lives; that such a senseless act could occur.
- **Sadness** – feelings of grief for those who died and those who were injured; and great sadness for all those whose lives have been changed forever
- **Helplessness** – a feeling that you are powerless in the face of evil



PHYSICAL REACTIONS

- **Difficulty sleeping**, nightmares, intrusive thoughts
- **Tiredness**
- **Nausea** – stomach upsets
- **Withdrawal**
- **Loss of interest** in usual activities
- **Difficulty concentrating**
- **Headaches**

HOW TO CARE FOR YOURSELF

- Remind yourself that your responses are normal responses. You are doing the best you can.
- Give yourself permission to do whatever you need to take care of yourself. Do not beat yourself up for how you are feeling.
- Get enough sleep, exercise and eat regular and healthy meals.
- Follow your usual routine as far as possible.
- Talk to people as much as you need to. Reach out. Find someone who is a good listener who can really be there for you.
- Spend time with family and friends. It is comforting to know you are not alone.
- Allow yourself to cry and rage and express your feelings.
- Limit reading or listening to the news and social media about the event.

CARING FOR OTHERS



- Look out for your family, friends and colleagues. Recognise if they are not themselves at the moment. They may seem irritable, withdrawn, negative.
- Recognise that people will be affected differently.
- Listen carefully. Don't be afraid to ask people how they are. Ask if they want to talk or if there is something you can do to help them.
- Spend time with those who need support – find somewhere quiet and give the time it needs.
- Reassure them that how they feel is ok.

SUPPORTING CHILDREN

- Speak honestly about what happened using language they understand.
- Listen to your child. Listen to what they want to know and what they understand of the situation. Listen to how they are making sense of the situation in their own minds.
- Let children express their feelings. Don't be afraid if you don't have all the answers.
- Keep the offer to come and talk open, even if your child says they are okay. Pay attention to teenagers who tend to seek out their friends first.
- Continue your normal routine as this provides stability and reassurance.
- Give extra time, cuddles and attention.

