

## CONNECTING WITH OTHERS (2)

### GIVING SOCIAL SUPPORT

You can help family members and friends cope with the disaster by spending time with them and listening carefully. Most people recover better when they feel connected and understood to others who care about them. Some people choose not to talk about their experiences very much, and others may need to discuss their experiences on numerous occasions. Talking about things that happened because of the disaster can help them seem less overwhelming. At times, just spending time with people one feels close to and accepted by, without having to talk, can feel best. Here are some things we know about giving social support to other people after disasters.

#### Reasons Why People May Avoid Social Support

- Not knowing what they need
- Not wanting to burden others
- Wanting to avoid thinking or feeling about the event
- Feeling embarrassed or “weak”
- Doubting it will be helpful, or that others won’t understand
- Feeling that others will be disappointed or judgmental
- Feeling they will lose control
- Having tried to get help and felt that it wasn’t there before
- Not knowing where to get help

#### Good Things to Do When Giving Support

- Show interest, attention, and care
- Show respect for individuals’ reactions and ways of coping
- Talk about expectable reactions to disasters, and healthy coping
- Find an uninterrupted time and place to talk
- Acknowledge that this type of stress can take time to resolve
- Believe that the other is capable of recovery
- Be free of expectations or judgments
- Help brainstorm positive ways to deal with their reactions
- Offer to talk or spend time together as many times as is needed

#### Things That Interfere with Giving Support

- Rushing to tell someone that he or she will be okay or that they should just “get over it”
- Acting like someone is weak or exaggerating because he or she isn’t coping as well as you are
- Discussing your own personal experiences without listening to the other person’s story
- Giving advice without listening to the person’s concerns or asking the person what works for him or her
- Stopping the person from talking about what is bothering them
- Telling them they were lucky it wasn’t worse

#### When Your Support is Not Enough...

- Let the person know that experts think that avoidance and withdrawal are likely to increase distress, and social support helps recovery
- Encourage the other to talk with a counselor, clergy, or medical professional, and offer to accompany them
- Encourage the other to get involved in a support group with others who have similar experiences
- Enlist help from others in your social circle so that you all take part in supporting the other