

## CONNECTING WITH OTHERS (1)

### SEEKING SOCIAL SUPPORT

- Making contact with others can help reduce feelings of distress
- Children and adolescents can benefit from spending some time with other similar-age peers
- Connections can be with family, friends, or others who are coping with the same traumatic event

#### Social Support Options

- |                         |                                       |                 |
|-------------------------|---------------------------------------|-----------------|
| • Spouse or partner     | • Priest, Rabbi, or other clergy      | • Support group |
| • Trusted family member | • Doctor or nurse                     | • Co-worker     |
| • Close friend          | • Crisis counselor or other counselor | • Pet           |

#### Do . . .

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|---|--|---|
| • Decide carefully whom to talk to              | • Start by talking about practical things                    | • Ask others if it's a good time to talk  |
| • Decide ahead of time what you want to discuss | • Let others know you need to talk or just to be with them   | • Tell others you appreciate them listening   |
| • Choose the right time and place               | • Talk about painful thoughts and feelings when you're ready | • Tell others what you need or how they could help—one main thing that would help you right now |

#### Don't . . .

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| • Keep quiet because you don't want to upset others      | • Assume that others don't want to listen   |
| • Keep quiet because you're worried about being a burden | • Wait until you're so stressed or exhausted that you can't fully benefit from help |

## Ways to Get Connected

- Calling friends or family on the phone
- Increasing contact with existing acquaintances and friends
- Renewing or beginning involvement in church, synagogue, or other religious group activities
- Getting involved with a support group
- Getting involved in community recovery activities