

## Things to Remember When Trying to Understand and Cope with 9/11

- No one who was alive on September 11<sup>th</sup> was untouched by it.
- It is normal to still feel anxious about you and your family's safety.
- Profound sadness, grief and anger are normal reactions to an abnormal event.
- Acknowledging these feelings helps you recover.
- Focusing on your strengths and abilities will help you heal.
- Accepting help from community programs and resources is healthy.
- We each have different needs and different ways of coping with what happened on 9/11.
- It is common to want to strike back at people who have caused great pain. However, nothing good is accomplished by hateful language or actions.

## Ways to Ease the Stress of the 10th Anniversary of 9/11

The anniversary of 9/11 as well as days leading up to it may be emotionally stressful. You may find yourself reliving painful memories again and again. The following can help you get through this stressful time:

- Talk to someone about your anger, sorrow and other emotions – even though it may be difficult.
- Participate in 9/11 memorials or tributes as a way to express feelings.
- Spend time with family and friends.
- Maintain your daily routine, limiting demands on yourself and your family during this time.
- Turn off the television and radio. The media will be broadcasting the events of 9/11 on a regular basis.
- Use existing support groups of family, friends and church.

## Signs of Stress Reactions

Feelings of stress and anxiety around the anniversary of 9/11 are perfectly normal. However, if these feelings negatively impact your life, you may want to talk with a professional. The following are signs that you may need help dealing with stress and anxiety surrounding the anniversary of 9/11:

- Difficulty communicating thoughts
- Difficulty sleeping
- Increased use of drugs/alcohol
- Limited attention span, difficulty concentrating
- Headache, stomach problems, tunnel vision, muffled hearing
- Reluctance to leave home or fear of crowds, strangers or being alone
- Depression, sadness, crying easily
- Feelings of hopelessness
- Overwhelming guilt and self-doubt

## Resources Are Available

Additional information, self-help tools and other resources are available online at [www.MagellanHealth.com/member](http://www.MagellanHealth.com/member). Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.