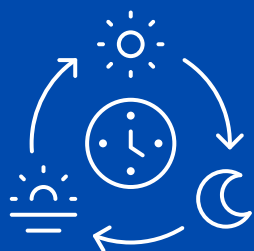


Dealing With Shocking News Events

Adapted from Greater Manchester Resilience Hub



Try to return to your normal routine gradually if it feels challenging.

Look after yourself
(eat well, get enough sleep and exercise).



Engage your senses to relax: use candles, soft lighting, music, soothing scents, or strong sweets to feel more grounded.

Try not to surround yourself with information about the incident on social media and the news.



Ensure your safety and happiness by surrounding yourself with comforting items and spending time with loved ones or pets.

Remember it's normal to have strong feelings and thoughts; there's no correct reaction.



Focus on what you can control, not what you can't.