

Coping with Crisis

- 1. Recognize your own feelings about the situation and talk to others about your fears. Know that these feelings are a normal response to an abnormal situation.**
- 2. Be willing to listen to family and friends who have been affected and encourage them to seek counseling if necessary.**
- 3. Be patient with people; fuses are short when dealing with crises and others may be feeling as much stress as you.**
- 4. Recognize normal crises reactions, such as sleep disturbances and nightmares, withdrawal, reverting to childhood behaviors and trouble focusing on work or school.**
- 5. Take time with your children, spouse, life partner, friends and co-workers to do something you enjoy.**

This information is taken from American Counseling Association website (www.counseling.org).

Founded in 1952, the American Counseling Association is the world's largest private, non-profit organization for professional counselors. Dedicated to promoting public confidence and trust in the counseling profession, the American Counseling Association serves nearly 50,000 members in the United States and 50 other countries by providing leadership training, continuing education and advocacy services.