



Assisting Parents/Caregivers in Coping with Collective Traumas

In recent years, many families have faced one challenge after another—disasters, economic hardships, and stressful events in our communities. These experiences often bring added pressures, like changes in work, unexpected expenses, or difficulty keeping up with daily needs. When challenges stack up, they can make life feel harder and leave both children and adults feeling worn down and overwhelmed. If your family has been struggling to feel settled again, you're not alone. This resource offers understanding and practical tools to help you and your children navigate stressful times and support your wellbeing.

Below are strategies to help you cope right now.

- **Have compassion for yourself and others.**

Acknowledge that you are experiencing a lot right now. You may not be able to show up in the same ways you could before. That is okay. You are doing your best. Assume the same for your family, co-workers, and friends. Be flexible when considering what you can do. Consider the perspective of others to help you connect to their emotions and empathize with their experiences.

- **Acknowledge how you are being impacted.**

It's important to acknowledge how events may be affecting you as it can be different from others. Everyone responds in their own way. You might feel unsettled, fearful, or less safe than usual. You might feel isolated or alone, even when others are around. These reactions are common during stressful times. Connecting with people who understand what you're going through can make a meaningful difference. Reach out to trusted friends, family members, community groups, or others who have had similar experiences. Sharing what you're feeling and receiving support can help you feel more grounded and less alone.

- **Self-reflect before reacting.**

Take a moment to consider how an anxiety situation is impacting you before reacting to others. Your emotions are valid. Your feelings of anger, bitterness, grief, and fears about the future need to be acknowledged before deciding how to respond. You may have to take care of yourself before assisting someone else. Know these feelings may persist. Some-times, just taking a moment for a few slow breaths can help as you gather your thoughts and consider how you would like to respond.

- **Search for meaning.**

During stressful events, you may find yourself wondering why things are happening or what they mean for you and your family. It's normal for your trust, beliefs, or sense of the world to feel shaken. This search for meaning can be especially hard when you're already feeling overwhelmed. Talking with trusted friends, family members, or community members can give you space to sort through your thoughts and feelings. You don't have to figure everything out at once—sharing your experiences with people who care about you can make the process feel more manageable.

- **Limit media and social media exposure.**

Media and social media coverage are constant. At times we feel obligated to “witness” the pain of others or keep up with daily happenings, however, you can pace yourself by limiting access to news during blocks of the day to connect to people, pets, nature, or activities that restore and heal. Be cognizant of how you react to news alerts and either disable them or put your devices aside during important tasks that require your focus.

- **Take time to care for yourself.**

All of us need to take time for ourselves. It is not selfish, but rather, it allows us to be better able to cope and to support others to the best of our abilities. The [Pause, Reset, Nourish \(PRN\) Framework](#), a model for wellness, provides tips which may prove helpful throughout the day. Pause means taking a moment to scan how your body is feeling and to acknowledge your emotions. Reset is helping you to get balanced, steadier, calmer, or focused on your next task. Nourish helps you replenish your mind-body-heart and helps you to see how you can get through difficult times. Give yourself permission to do these things.

- **Connect with others.**

Finding opportunities to connect with others often leads to feeling better even when you are distressed. Engage with family and friends to bring a sense of joy, light-heartedness, and meaningful connections with others. If you are worried about how others are coping, check in with them, and let them know you care. The simple act of noticing can offer healing for others. Conversely, it is also okay for you to let others know how they may support you. For example, ask for support in parenting if you need a break.

- **Seek help.**

Sometimes, the layers of stress and trauma become overwhelming and interfere with our ability to complete our daily activities. Remember you are not alone; we all could use extra support navigating these difficult times. Reach out to 211 or your local library to find out about what local community supports are available. You can also speak to a mental health provider, community organization, health provider, or a trusted friend, or call a helpline such as those listed below:

- 988 Suicide & Crisis Lifeline - free 24/7 confidential support for oneself or someone you care about who is experiencing thoughts of suicide or is in crisis – call or text 988 or chat at <https://chat.988lifeline.org/> (for Spanish: call 988 & press 2; text “Ayuda” to 988; chat at <https://988lifeline.org/es/inicio/>)
- Disaster Distress Helpline, Call or text (800) 985-5990 (For Spanish, press “2”) to be connected to a trained counselor 24/7/365
- Crisis Text Line, Text “HOME” to 741-741

For Administrators/Supervisors/ Educators

- Consider how events in your community or in the media events may impact your staff/students. Take time to acknowledge the event, this news, perhaps offering added breaks as needed or taking class/meeting time to discuss.

- Acknowledge that their feelings are valid, will continue, and how these situation may be impacting their performance (e.g., worried about future, distractible, angry at system failures). Join in on how you have been impacted and discuss ways of coping together.

- Adjust expectations (e.g., review work demands/school assignments, adjust time needed to get work done, encourage healing) and avoid using punitive actions.

- Create opportunities for staff/students to come together to get support and give support to others.

- Make sure staff and students know how to access supports and resources.

- Offer a dedicated space to students who may be feeling unsafe to offer a sense of safety and protection. By acknowledging these traumas and stressors and making some adjustments, you may improve morale and outcomes.

Things You Can Do for Your Children

- **Spend time talking with your children.**

Have regular conversations with your children about what they are hearing, how these events are impacting them, and their reactions. If your children do not bring it up, you can start these conversations. Knowing that you are willing to have these conversations lets your children know they can rely on you and that they are not alone with all of these intense emotions. As a family, share situations that are impacting your family or a particular family member. Validate that their feelings are normal and encourage discussion and questions. These are not always easy conversations but are worth having even though they may be hard. Consider what you want to communicate and what values and beliefs you hope to share.

- Use age-appropriate language to talk about what your children have seen or heard, as well as what they have heard others saying.
- Monitor their media exposure and discuss what they have seen, heard, or read. Preschool children should not be exposed to coverage, if possible.

- **Identify other people your children may find supportive.**

Children may want to discuss their concerns with you as well as with others with similar experiences or with those they trust and may have been talking to about current events. Help them find ways of connecting with these people so they can have additional supports during this time.

- **Help children feel safe.**

Talk with your children about their concerns over safety and problem-solve ways to address their concerns. This may include getting support from other trusted individuals, alerting school officials about what is happening, or seeking guidance from community leaders.

- **Enhance your child's coping.**

Reinforce that your children should be kind to themselves and that there are reasons why they aren't feeling the same as before. They too can use the PRN framework and learn to pause, reset, and nourish themselves. Find family activities, including cultural and religious practices, that can be done together (e.g., dance night, try new recipes, walking, game night, spending time with out-of-town relatives virtually). Help create a routine for everyone in the family, which includes time for self-care and quiet.

- **Seek change.**

Discuss ideas for ways your children want to get involved in creating change against harm happening to others. This could include participating in a community group event, creating a group at school, or showing support to peers who may be feeling an increased sense of vulnerability. These can be small steps as well as larger ones. Be a positive role model for change in actions as well as words. Making a contribution of your time and talent is one way to create meaning or help them cope.

- **Check-in on a regular basis.**

Unfortunately, many stressors are likely to continue in the immediate future. Check-in with your children on a regular basis. This reinforces that you are there to support them always, especially during these challenging times.

- **Ask for help.**

Reach out when you need help or support as there is no manual for parenting at any time, but particularly during these incredibly stressful times. Your pediatrician, community organizationa, faith leader, and local mental health agencies can be resources for support and guidance. Teen and young adult focused helplines include:

- Trevor Project Call 1-866-488-7386 or text "START" to 678-678
- Love is Respect (for dating abuse and healthy relationships), Call 1-866-331-9474 or text "LOVEIS" to 22522
- 988 Suicide & Crisis Lifeline - free 24/7 confidential support for oneself or someone you care about who is experiencing thoughts of suicide or is in crisis – call or text 988 or chat at <https://chat.988lifeline.org/> (for Spanish: call 988 & press 2; text "Ayuda" to 988; chat at <https://988lifeline.org/es/inicio/>)



Additional Resources

For more info about child traumatic stress go to www.NCTSN.org

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