

Coping and Taking Action

The explosions at the Boston Marathon have deeply affected us all. Here are some tips for staying strong:

- Spend more time with family and friends and offer your support.
- Stay informed but limit exposure to media coverage of the events, especially for children.
- Take care of yourself. Eat healthy, drink plenty of water and get enough rest.
- Be patient with yourself and others. It's common to have any number of temporary stress reactions such as anger, frustration and anxiety.
- To reach out for free 24/7 counseling or support, contact the Disaster Distress Helpline at **1-800-985-5990** or text **“TalkWithUs”** to **66746**.



American Red Cross