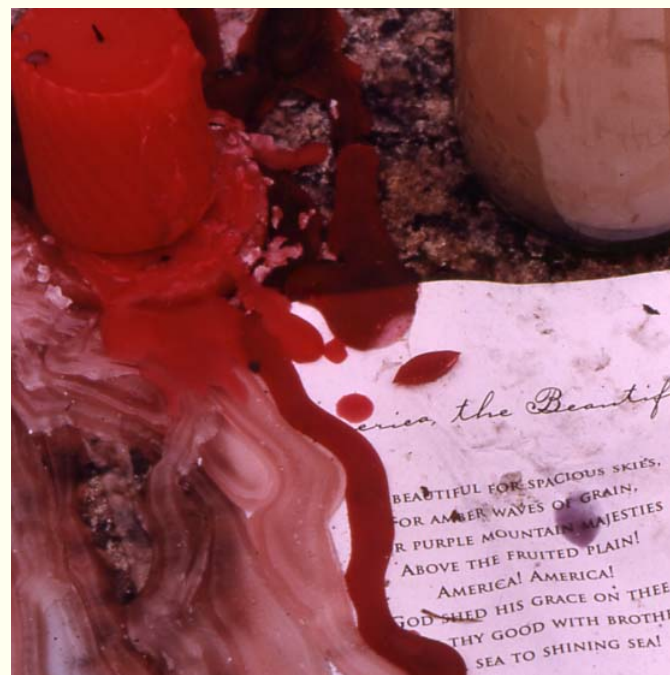


We are all affected...



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1. Notice

your physical symptoms such as headache, stomach upset, back pain, insomnia, fatigue and weakness which may be a result of fear, anxiety, grief and depression from the threat of terrorism. Pay attention to whether you are increasing unhealthy or dangerous activities in your life such as smoking, unprotected sex, excessive drinking or use of drugs.

2. Tell

your primary care provider about your experiences of September 11, 2001 and the continued threat of terrorism since then. Don't be shy or ashamed to share your experiences and feelings.

3. Share

with your primary care provider what you are doing to help yourself and your family cope. Discuss whether or not your approach is working and whether it can be improved.

4. Ask

your primary care provider to teach you additional coping techniques for you and your family, including your children and teenagers.

5. Schedule

a follow-up appointment to discuss how things are going and what additional support may be helpful.

6. Continue

the activities that help you cope, and try new ones. With dedication to helping yourself cope, and with the support of your health care provider, you can remain strong and healthy.

This message is brought to you by the **Harvard Program in Refugee Trauma's U.S. Terrorism Recovery Project** which is funded by the **Mellon Foundation** with additional support from the **Massachusetts Department of Mental Health**, and the federal **Office of Refugee Resettlement**.

We are all affected by terrorism.

Most of us are able to cope with the changes in our lives - but there are times when each of us can use some help.

It is entirely normal to experience some physical and mental symptoms related to this new threat. It is not a sign of weakness or moral shortcoming. It is a normal human reaction.

Try to be aware of how you have been affected - physically and mentally. Notice changes in your relationships with other people, your ability to work, and your dependencies on habits like smoking, unprotected sex, excessive drinking or use of drugs. Your mood can range from periods of melancholy and depression, to recurrent memories of violence and nightmares to high levels of fear, stress, irritability, anxiety, headache, backache or other symptoms.

Just telling somebody about how you have been impacted can help you cope. Don't be afraid to tell others about what has happened in your life. It will help you and it will help the other. If you are seeing your primary care provider - tell them about your story. Ask them about their story.

There are many ways to get help in coping - family, friends, physicians, and clergy can all be sources of assistance. But you have to let them know you need their support.

It really works.

Harvard Program in Refugee Trauma
Massachusetts General Hospital

for more information visit
www.hprrt-cambridge.org

