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.

We are all affected...