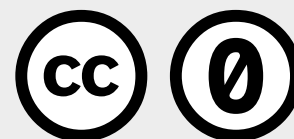


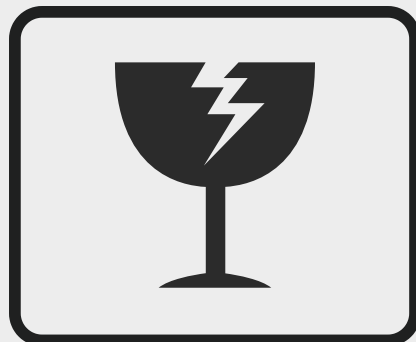
Why This May Be Hard to Process Emotionally



1

Our Sense of Security & Safety Is Shattered

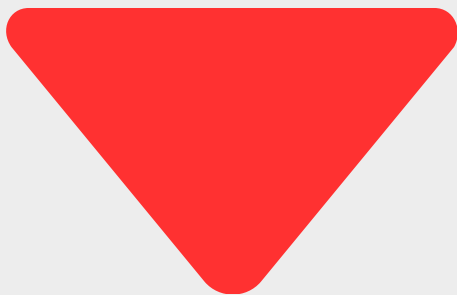
Seeing our people being oppressed and murdered may feel like there is a hole in our lives that can't be filled. The way we view life has become altered. We may feel like we've lost purpose or meaning.



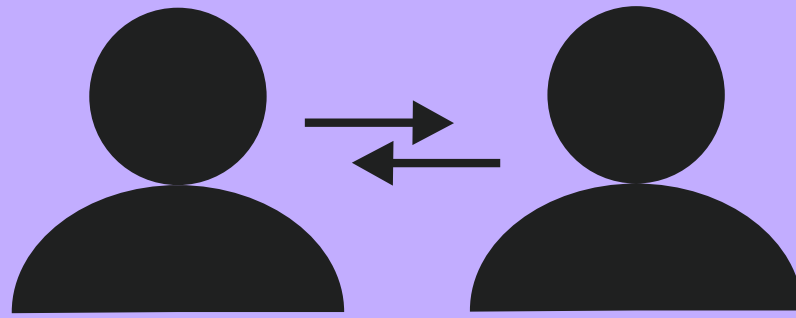
2

How We May Be Reacting

Because this is shocking and the loss is so immense, we may be reacting in the following ways:



3



Disbelief:

We may have a hard time accepting that what is happening is real. That we are living a nightmare. Confused, numb.

Shock:

Shaking, difficulty breathing. We may go quiet, scream, cry. Shock is a normal reaction.

Feeling of Distress, Guilt & Anger:

It can trigger feelings of guilt - Why are we alive when others are being killed? It's also common to feel tense and not wanting to even talk about what's happening.

Difficulty Performing Everyday Tasks:

Shock and sadness can make it difficult to carry on "normal" conversations, prepare food, sleep, keep the house clean, go to work.

4

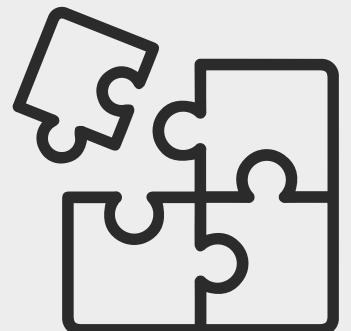
Ways To Cope

Allow Yourself To Feel The Emotions That You Have:

There are no "right" or "wrong" emotions or ways to grieve.

Accept help and support:

The best resources right now can be family, friends, colleagues. Those who understand, grieve with you, and provide support.



5

When Experiencing Anxiety

Grounding Techniques are practices that may help us:

1- To distract from our fear or unwanted images in our heads.

2- To bring our anxiety back down to a level we may be able to control a bit better.

3- To pull us out of the "frozen" states of shock so that we can think more clearly.



Physical Techniques

- 1- Put both feet on the floor. Stomp several times, shift your weight, wiggle your toes, and pay attention to your bodily sensations.
- 2- Press or rub your palms together, notice the pressure and warmth of your hands, or if they are cool
- 3- Breathe deeply and slowly. Place a hand on your belly as you breathe. If it's not moving, your breaths are short and shallow - we want to breathe deeply from our abdomen.

7

Mental Techniques

Count backward from 100. Try it by ones, sevens, or another number.

Recite something that brings you peace - a religious passage, a song, a poem.

Picture the face of someone you love - what would they say to calm you?

Think of a favorite place - what it looks like, what it smells like, what it feels to be there

Touch something comforting
If you have a pet, spend a few minutes with them

Pets are wonderful coping mechanisms during times of distress

Connect With People Who Are Available To You

Human connection is necessary to emotional health!

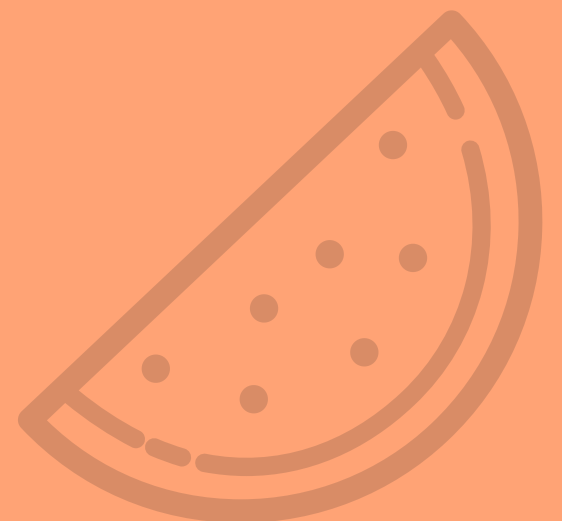
Supportive friends help you through down times and give you a lift when you need it.

If you are unable to connect with some people in your social network, strengthen the connections that you still have.

Reach out to people who are available for you.

Remind Yourself of The Beauty of Your Culture

Right now, your culture and identity are under attack. This compounds the sense of loss in the midst of the genocide. Express your pride in being Palestinian to your international friends (and those in Palestine, but safely). Remind yourself of the amazing, positive, and beautiful parts of who you and your people are.



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