



TIPS FOR EDUCATORS AND STAFF

COPING WITH COMMUNITY VIOLENCE

Limit Media Consumption

News and social media coverage of this can be nonstop. Protect your brain by limiting your access.

Prioritize Sleep

Stress and anxiety can make sleep more difficult. Our brains and bodies need sleep to function. Put the devices away and prioritize rest.

Talk to Loved Ones

Seek support from like minded loved ones. Isolation can exacerbate feelings of stress or anxiety. Connect with others based on your comfort level.

Move Your Body

Moving your body releases hormones to help with your mood. Find movements that feel good for you (e.g., yoga, walking, dancing).

Find Balance

Take some time to think about the positive moments, events, and people in your life. This can help balance your perspective.

Ask for Help

Seek support and help from the people in your life. We are not meant to do life alone.

