

Ten Ways to Cope with the Fear of Terrorism

Have a discussion. Encourage people to talk about their feelings.

Ask elders for advice. Have older people recount how they coped with their fears during wartime.

Volunteer. Everyone needs to feel useful.

Eat, exercise, and rest. The world is not so bad after a good meal, a brisk walk, and a night's sleep.

No one should be alone. Spend time with family and friends.

OOOOOOMMMMMM. Relaxation techniques relieve stress.

Focus on daily life. Turn off the television and go smell the roses.

Evaluate regularly for depression. Depression can be treated, but first it has to be recognized.

Acept support. Allow yourself to be helped.

Remember that help is always there. Spiritual help is available 24/7.