

# Ten Ways to Cope with the Fear of Terrorism

**H**ave a discussion. Encourage people to talk about their feelings.

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

**V**olunteer. Everyone needs to feel useful.

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

**N**o one should be alone. Spend time with family and friends.

**O**OOOOOMMMMMM. Relaxation techniques relieve stress.

**F**ocus on daily life. Turn off the television and go smell the roses.

**E**valuate regularly for depression. Depression can be treated, but first it has to be recognized.

**A**cept support. Allow yourself to be helped.

**R**emember that help is always there. Spiritual help is available 24/7.