

TIPS for...

UNDERSTANDING AND MANAGING ECO-TRAUMA

When someone experiences **eco-trauma**, they experience pain, sorrow, hopelessness, and feelings of powerlessness as they either experience or witness the destruction of our natural world. These feelings can last for a long time after the event has occurred.

It can be experienced vicariously, meaning, you don't have to experience it first-hand to be affected. Just by seeing it on TV, social media, or seeing someone else in pain can lead to eco-trauma.

Factors that could influence the intensity of feelings:

- The perceived or felt threat to your life or others
- Exposure to death
- Physical injury
- The loss of someone you love
- The loss of resources
- If you have troubles finding information or resources



You might experience:

- PTSD
- Depression
- Stress
- Increased substance use for yourself or others
- Anxiety
- Problems adjusting
- Difficulty handling your grief
- More family conflict
- A lack of hope

Coping with Eco-Trauma

- Talking with friends, family, spouse, partner, or other support groups
 - Research has shown this to be the best way to reduce psychological trauma
- Sharing your experiences with others
 - You are not alone and others may have the same feelings as you
- Some people find comfort, support, and community through religion and spiritual practices
- Supporting others when you can, however, remember that it's okay to ask for help when YOU need a little extra support
- Having hope and trying to see the positive... as difficult as it may be
 - Studies show that families who have hope, optimism, and focus on the positives are more likely to cope better with the disaster
- Setting small goals for yourself
- Trying to view obstacles as a challenge
- Focusing on your successes instead of your failures

