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*Listening, learning,
and living together:
it's the science of life.*

Managing the Stress of War and Terrorism: Guidelines for Families¹

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The images we see on our televisions or in our papers every day can be frightening. The headlines about war and terrorism have become commonplace since the horrific scenes of September 11, 2001.

War and terrorism are scary for children and families. Children of all ages may overhear adult conversations or see the acts of war or terror on the news, and unfortunately, even in the classroom. These events may be unsettling and stressful for children and their families, making it hard to concentrate and go about daily routines. Stress for prolonged periods can either erode a family's health or the family can become resilient during these difficult times. Families can bounce back from adversity and become even stronger.

If a family is showing signs of stress, such as family members pulling apart from one another or getting too close, having frequent disagreements that aren't solved, or blaming one or two family members for problems, the family may need to stop and take stock of the situation and seek solutions. For example, listen to the children. Don't push aside their fears. Let them share their feelings. Cut down on stressful activities and find time to exercise. Regular exercise can reduce stress. Likewise, avoid alcohol and cigarettes. They can

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cloud your judgment and lower your energy. Think positive. Try to be optimistic about the future. Remember, families and the country have survived tough times before!

You may also consider seeking professional help. If you're overwhelmed, depressed, have thoughts of suicide, or suffer from substance abuse problems, find a professional you can talk to. Your doctor, clergy, or mental health association can help you find someone who is trained to help.

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http://www.radiosource.net/radio_stories/war.mp3

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