

## **10 Tips for dealing with trauma**

1. Talk to people – friends and a mentor, talk to people you trust.
2. Talk to your family, partner or friends.
3. Talk to a counsellor, if you see someone wearing a badge, talk to them.
4. Think of someone special, someone with a lot of compassion, understanding and love
5. Give or get a hug or cuddle, we all need love.
6. Start a journal – write what happened and what you did.
7. Remember every person is different and has a different way of looking at the situation.
8. Be more understanding to each other, have your arms more open.
9. Be gentle to each other, sit down and talk problems out.
10. Watch documentaries to learn, learn about the elders etc.