



## HOW ARE YOU?

Following a traumatic event, many teens have difficulty understanding what they are feeling.

**It can be helpful to learn how to identify, accept, and express our emotions by:**

- **Noticing** our physical responses to our emotions
  - **Developing** an emotional vocabulary
  - **Using** breathing or mindfulness exercises to help us calm down
  - **Writing** in a journal or talking with someone
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**Here are some suggestions for ways to help your teen identify their feelings and process traumatic events:**

- **Reassure your teen that they are safe.** While teens are comforted by age-appropriate facts, it's important to limit their exposure to social media and other news outlets
- **As much as possible, stick to your typical routines.** If your routines have been disrupted, establish new routines as soon as possible
- **Talk with your teen** or encourage them to talk with others about how they are feeling
- **Help your teen identify their emotions** by noticing and pointing out their words or body language. For example, if your teen is nervously tapping, say something like, "I see you're tapping, how are you feeling?" Talking openly with your teen about their emotions will help them better identify and accept their emotions
- **Look for signs of stress in your teen.** Some signs may include: anxiety, aggression, moodiness, physical discomfort, lethargy, or withdrawal

Being able to recognize and accept one's emotions is an important first step to recovering from a traumatic event. It's important to remember that everyone responds to and recovers from trauma in a different way. It's also important to seek the support of others during and following a traumatic event.