

Tip Shee coping with grief after community violence

After an incident of community violence, it is quite common for individuals as well as entire communities to experience anger as well as grief reactions. Grief is the sorrow and confusion that comes from losing someone or something important to you. Most people will experience a natural occurrence of grief after the death of a loved one. However, grief can also be the result of other types of losses. In situations of community violence, people may experience the loss of their sense of safety, their trust in those who live in their neighborhood, their trust in local government. The trauma and grief of community violence can be experienced by all involved.

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Tip Sheet Common reactions to trauma

over time. Make sure to exercise and eat healthy meals. Do the things that you used to enjoy doing, even if you don't always feel like it. This will help you get back into your routines. Allow yourself to feel joy at times and to cry when you need

Even though you may be experiencing grief, you may also exhibit positive changes from the experience of loss,