

# Kid's Guide To Coping With Events In The News

It can be scary and confusing to hear about difficult events in the news. You may feel sad, angry, or even scared. It's important to know that it's okay to feel these emotions. It's also important to know that there are things you can do to cope with these events.



## Something Bad Happened: A Kid's Guide to Coping With Events in the News by Dawn Huebner

★★★★☆ 4.6 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 74 pages  
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### Here are some tips for coping with events in the news:

- **Talk to someone you trust.** This could be a parent, teacher, counselor, or friend. Talking about your feelings can help you to process them and make sense of what's happening.
- **Get informed.** Learn about the event in a way that is appropriate for your age and understanding. This will help you to understand what happened and why.

- **Take care of yourself.** Make sure to get enough sleep, eat healthy foods, and exercise. Taking care of your physical and mental health will help you to cope with stress.
- **Do something you enjoy.** Spend time ng things that make you happy, such as playing with friends, reading, or listening to music.
- **Avoid exposure to too much news.** If you're feeling overwhelmed by the news, take a break from watching or reading about it. Focus on positive things in your life.

### **It's important to remember that you are not alone.**

Many people are feeling the same way you are. There are people who care about you and want to help you. If you're struggling to cope with events in the news, don't hesitate to reach out for help.

### **Here are some additional resources that may be helpful:**

- The National Child Traumatic Stress Network: <https://www.nctsn.org/>
- The American Psychological Association: <https://www.apa.org/>
- The National Suicide Prevention Lifeline: 1-800-273-8255

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