



Dr. Liz

EFFECTIVE WAYS FOR YOUR TEEN TO WEATHER THE AFTERMATH OF HURRICANE SANDY

It's natural to try to avoid talking about the devastation of the storm. However, it's important to allow all family members to express their feelings. Often teens may experience a sense of sadness, loss, anger and resentment if they are displaced from their homes or have lost loved ones or valuable possessions. They may even feel numb, dazed, and bewildered. Some may feel guilty for having survived without any major damage while their friends have lost everything. Below are some tips on how to deal with the aftermath of Hurricane Sandy.

- Give your teens the space to voice all of their concerns and thoughts about the event. Listen without interrupting. Venting is extremely important. Don't downplay their feelings because all of their feelings are valid.
- Don't be afraid to show your feelings and emotions. It's healthy for you to express your feelings, but it also gives your teens permission to show and express their emotions.
- As you hear about the details of the hurricane and the recovery effort through the media, ask your teens about their thoughts. Use it as a springboard for discussion.
- If your teens do not want to talk about the event, give them space and let them process the event at their own pace. Everyone handles things in different ways. Just let them know that you are available to talk when and if they need to.
- Encourage them to connect with friends and family in order to create a network of support around them.
- Alleviate their sense of helplessness by allowing them to assist in the aftermath in some way. Include them in the discussions about repairs, relocation, and/or the restoration of family activities.
- Ask for their ideas and opinions to allow them to feel like they are making a contribution.
- Encourage them to volunteer to help others. Making a difference often prevents them from dwelling on their own situation.
- Watch for signs of depression and anxiety. Constant fatigue, sadness, failure to enjoy normal activities and friends, constant crying, and extreme behavior changes are all signs that should not be ignored.
- Family counseling is often very beneficial after a traumatic event since it gives all family members an opportunity to process their feelings in a healthy way.



Healthy Possibilities for Youth

Recovering from the aftermath of the storm will take time. It's a process that cannot be rushed because the recovery is both physical and emotional. For more information on having your teens cope effectively go to:

<http://www.healthychildren.org/English/safety-prevention/at-home/Pages/Keeping-Children-Safe-in-Sandys-Wake.aspx?nfstatus=200&nftoken=4a9f49fd-343a-402f-8a93-eb2f7f014c2a&nfstatusdescription=SUCCESS%3a+Local+token+is+valid>

About Dr. Liz

Dr. Elizabeth R. Henry (Dr. Liz) has dedicated her life to providing youth with the knowledge and confidence to lead healthy and productive lives. She is the founder of Dr. Liz Consulting, a practice focused on making a difference in the lives of adolescents by addressing their physical, emotional, and mental needs. Teens, tweens and their parents can find resources on how to build self-confidence, manage anger and stress, and overcome issues such as bullying, emotions, fitting-in, and obesity at www.DrLizForYouth.com. Dr. Liz can be contacted at DrLiz@DrLizForYouth.com.

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