

How can we strike a balance between staying aware of tragic incidents and caring for our mental wellbeing? ”

Individuals may have diverse responses and coping strategies when it comes to striking a balance between awareness of tragic incidents and caring for their mental wellbeing. It is important to explore and select the most suitable approach based on our unique needs and circumstances.

For example:

- Respecting diverse responses among each other
- Ensuring information credibility
- Managing information intake: Allow for breaks to avoid being overwhelmed
- Taking care of one's emotions and engaging in enjoyable activities
- Maintaining social connections and support
- Engaging in activities that meet one's basic needs

If you continue to experience emotional distress, physical discomforts, or disruptions in your daily life, even after the threat of the tragic incident has diminished, you may consider seeking assistance from professionals such as social workers, psychologists, or medical doctors.



社會福利署
Social Welfare Department

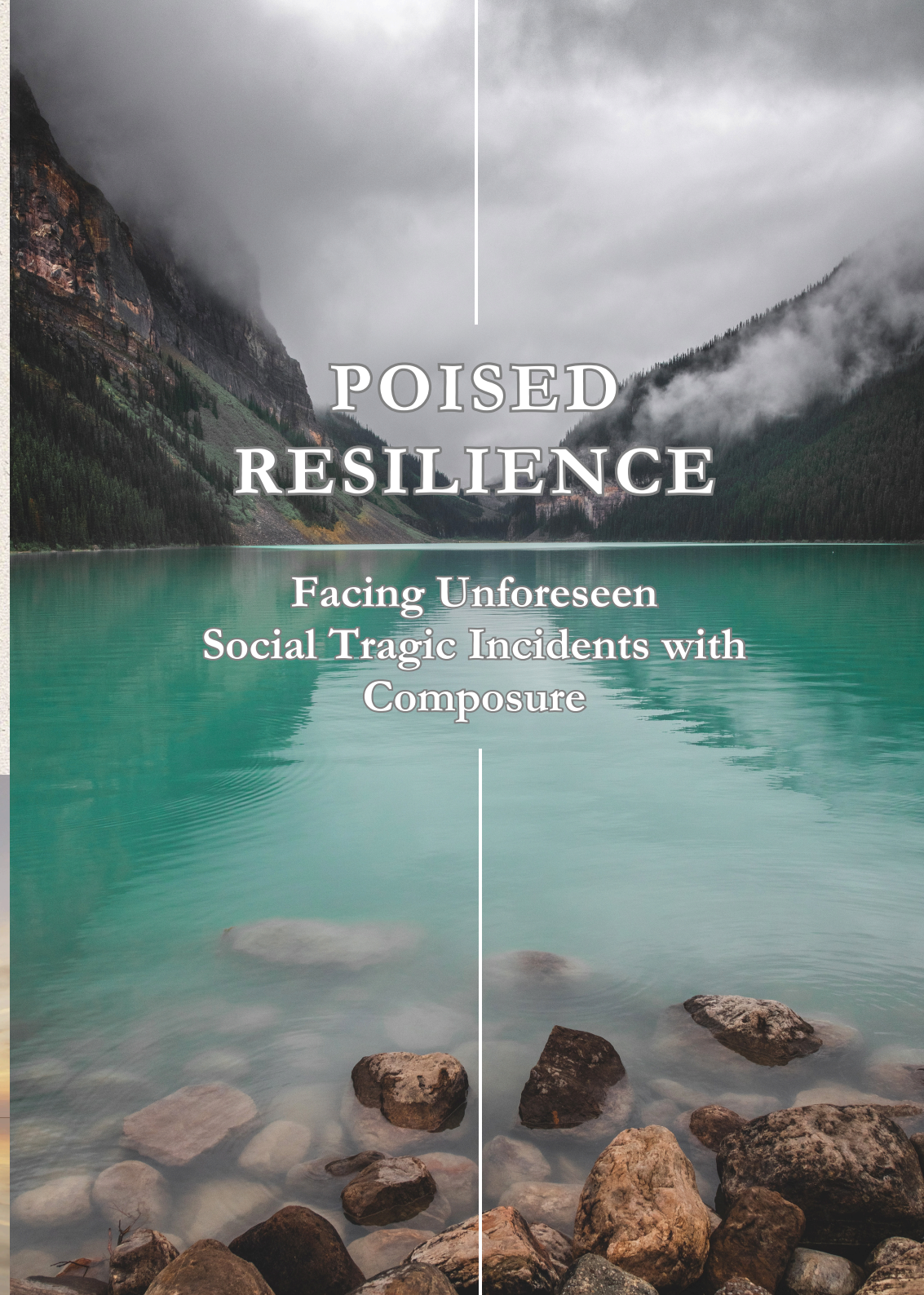
Clinical Psychological Service Branch

SWD Hotline
☎ 2343 2255
www.swd.gov.hk



POISED RESILIENCE

Facing Unforeseen
Social Tragic Incidents with
Composure



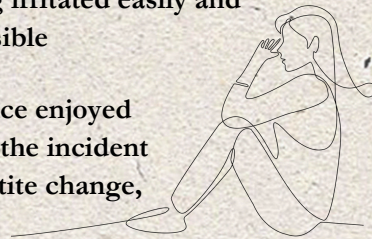
In today's technologically advanced world, unforeseen tragic incidents that occur in our society can quickly spread through various media channels. These incidents can reach us instantly through our phones, televisions, and other media platforms, sometimes without any prior preparation, making us feel as if we have personally experienced them.

☞ How do people typically react to the continuous influx of media information? ☞

Receiving an influx of information about tragic incidents can elicit different reactions. Some people may have no response, while others may experience temporary stress reactions.

For example:

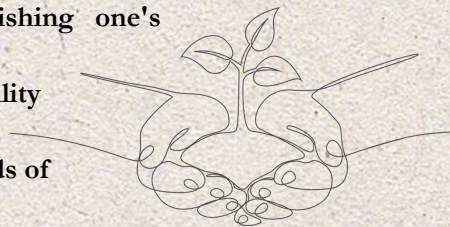
- Watching or discussing about the incident continuously
- Unintentionally recalling the events or associating them with past experiences frequently
- Wishing to help or support those affected immediately
- Becoming agitated or startled, or feeling irritated easily and wanting to find out who is to be responsible
- Feeling puzzled or numb
- Losing interest in activities that were once enjoyed
- Attempting to avoid anything related to the incident
- Experiencing physical discomfort, appetite change, or sleep disturbances



These different reactions are **natural and normal**, and they often progressively reduce over time. Some people may even experience personal growth from the incidents, which in turn builds up their resilience to face the future.

Including:

- Rediscovering the values and meanings of life, and cherishing one's possessions.
- Rediscovering one's own strengths, enhancing personal adaptability and resilience in dealing with difficulties.
- Being more empathetic and understanding, recognizing the needs of mutual care and support.



☞ Why do we pay close attention to tragic incidents, despite feeling distressed? ☞

Survival Instincts:

As human beings, we have instinctual sensitivity to potential threats. This sensitivity allows us to closely monitor and evaluate threats, enabling us to plan for future actions and learn valuable lessons to protect ourselves and the well-being of others.

Emotional Resonance:

Witnessing the suffering of others can evoke a powerful emotional response within us. Observing someone's agony and difficulties may ignite a sense of empathy, compelling us to respond with compassion and a desire to offer support and care for them.

Social Recognition:

As social beings, humans have an inherent need for mutual support. We naturally prioritize tragic incidents and take proactive steps to improve the situations.

