

Coping with Terrorism-Related Events

Events involving terrorism or targeted violence can have a deep and lasting impact. You may feel personally affected, unsafe, and unfairly blamed. Responses to these events are highly individual, and all reactions are valid.

HOW YOU MIGHT BE AFFECTED

You may experience:

- Shock, fear, sadness, anger, or grief
- Heightened anxiety about personal or family safety
- A sense of being targeted, misunderstood, or judged
- Re-triggering of past trauma or experiences of discrimination
- Traumatized from repeated exposure to distressing news or commentary

These responses are normal and do not mean something is “wrong” with you. The fault and evil is with the perpetrators of the violence and terrorism, not with your response to the violence.

WAYS TO SUPPORT YOURSELF

Limit media exposure if it feels overwhelming — take breaks from news and social media

Stay connected with trusted people, community groups, or faith leaders

Maintain routines where possible to create a sense of stability

Use grounding techniques (slow breathing, walking, focusing on the present moment)

Give yourself permission to feel and respond in your own way

NAVIGATING WORK AND COMMUNITY SPACES

- You are not responsible for explaining events or representing a community
- It's okay to step away from conversations that feel unsafe or distressing
- If you experience discrimination, hostility, or microaggressions, seek support
- Managers and leaders can help by fostering respectful, inclusive environments

SUPPORTING OTHERS

- Listen without judgement or assumptions
- Be mindful that some people may not wish to talk, while others may need space to share
- Simple check-ins like “How are you going?” can make a meaningful difference

WHEN TO SEEK ADDITIONAL SUPPORT

Consider reaching out for professional support if you:

- Feel persistently anxious, fearful, or overwhelmed
- Are experiencing sleep difficulties or intrusive thoughts
- Feel isolated, unsafe, or unable to cope day-to-day



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