

Coping with the trauma of gun violence

INTRO

The recent school shooting in Nashville was the 130th mass shooting this year, according to a tracker from the [Gun Violence Archive](#).

For people around the country, news of yet another shooting stirs feelings of anger, fear and frustration. While many people are resilient and are able to move past these horrific events, the vivid images and details tend to uproot any sense of safety for so many others.

TAKE VO

That most certainly can be the case for those directly impacted by the gun violence, whether it be a survivor, family member, or first responder.

Theresa Yehling (YAY-ling) is the manager for the OSF Strive Trauma Recovery Center at OSF HealthCare Saint Anthony Medical Center in Rockford. OSF Strive is a program for survivors of violent crime, including gun violence, who are experiencing post-traumatic distress. Yehling says the effects of gun violence is wide-ranging.

(((SOT)))

Theresa Yehling (YAY-ling)

Manager, OSF Strive

“This is an issue that is going to affect someone the rest of their life. They will have to learn how to manage it like any other disease, and it can affect them not only emotionally but physically.”
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VO TAG

Yehling recommends the following tips for people who are directly impacted by gun violence.

- Take time to focus on self-care such as eating, sleeping, and exercise.
- Pay attention to a range of feelings you may experience during these tough times.
- Stay patient with people who are experiencing their own grief.
- Stay in touch with family and friends
- Seek professional help