

## Calming: Intervention Strategies

- Adjust communication approaches to the current stress level
- Provide comfort to the bereaved
- Address trauma and loss reminders
- Provide options for different coping needs (distraction, mindfulness, behavioral activation)
- Provide broad education about:
  - Post-trauma and grief reactions
  - Anxiety management techniques
  - Signs of more severe problems
  - When and how to seek help

