

Stress and Coping after the tsunami

かばくんの
気持ち



Hippo s feelings

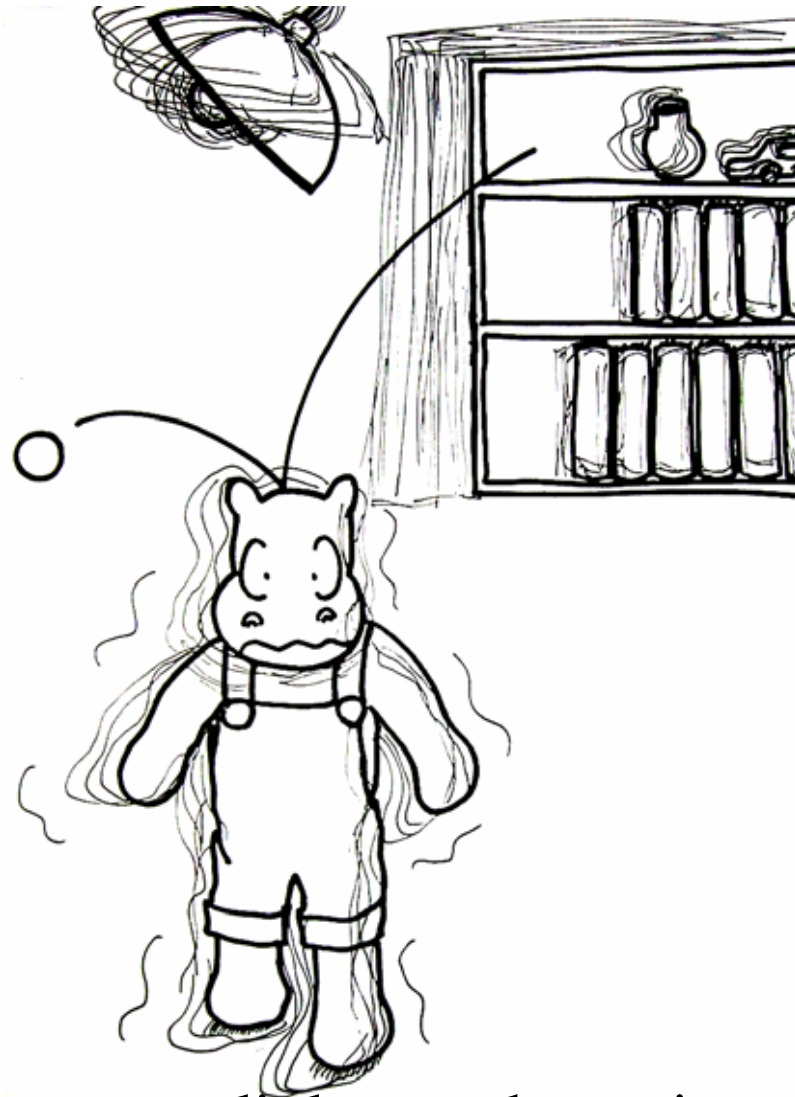
by Yoshiki Tominaga e-mail address hotanshin@hotmail.com



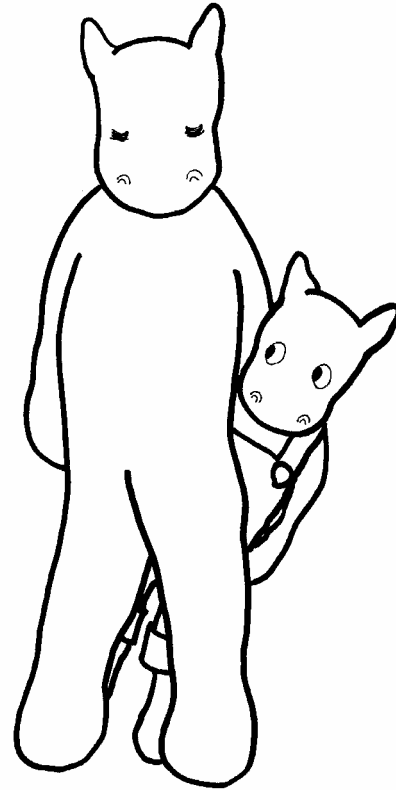
6 month has passed since that tragic event.
I am worried that the tsunami may happen again.
I have a pain in the head.



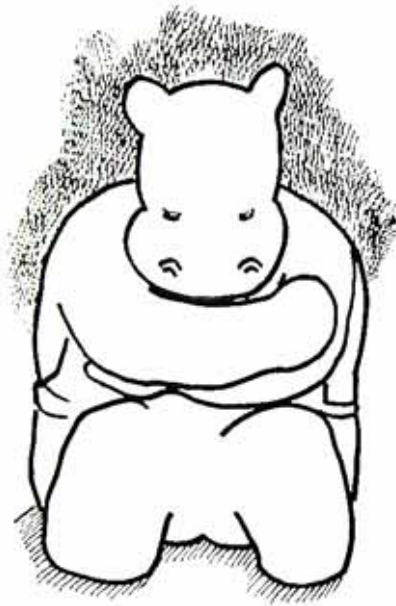
I could not sleep very well. I had a nightmare and I woke up.



I am surprised that even a little sound or noise reminds me of the tsunami .



I am afraid to be alone



I do not want to meet anybody.
I do not want to study.



One day, the hippo saw a dream.
The big tree in the dream said that
“Since you had experience a difficult event, it is natural that
your heart and your body changes. But in order to overcome
this event, there are three important things to remember.
They are to feel safe, to connect with someone, and to
express your feelings”



Today, our teacher tells us that “such great tsunami takes place once in 300 years, you are OK, but we have to learn about tsunami and a disaster, let’s make Safety country”. We learned relaxation for sleeping.

Take a deep breath in and let the breath out slowly.

Raise your shoulders slowly and lower your shoulders slowly.

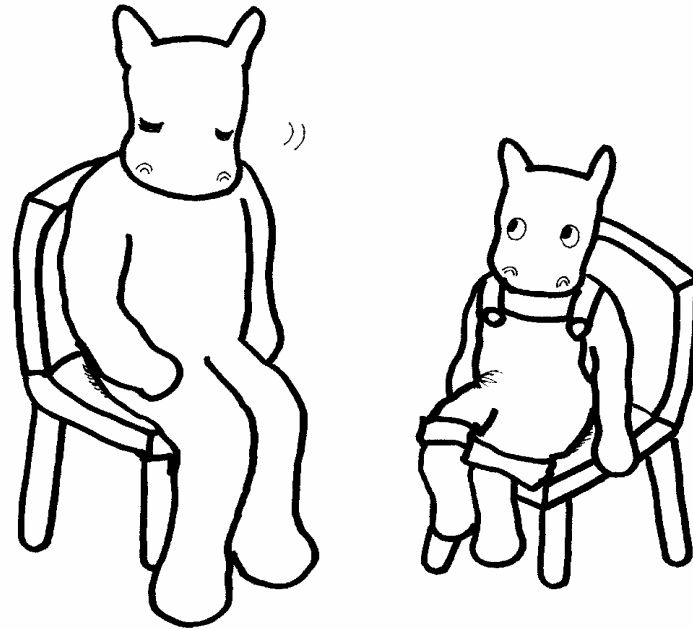
And we feel relax and peaceful now.



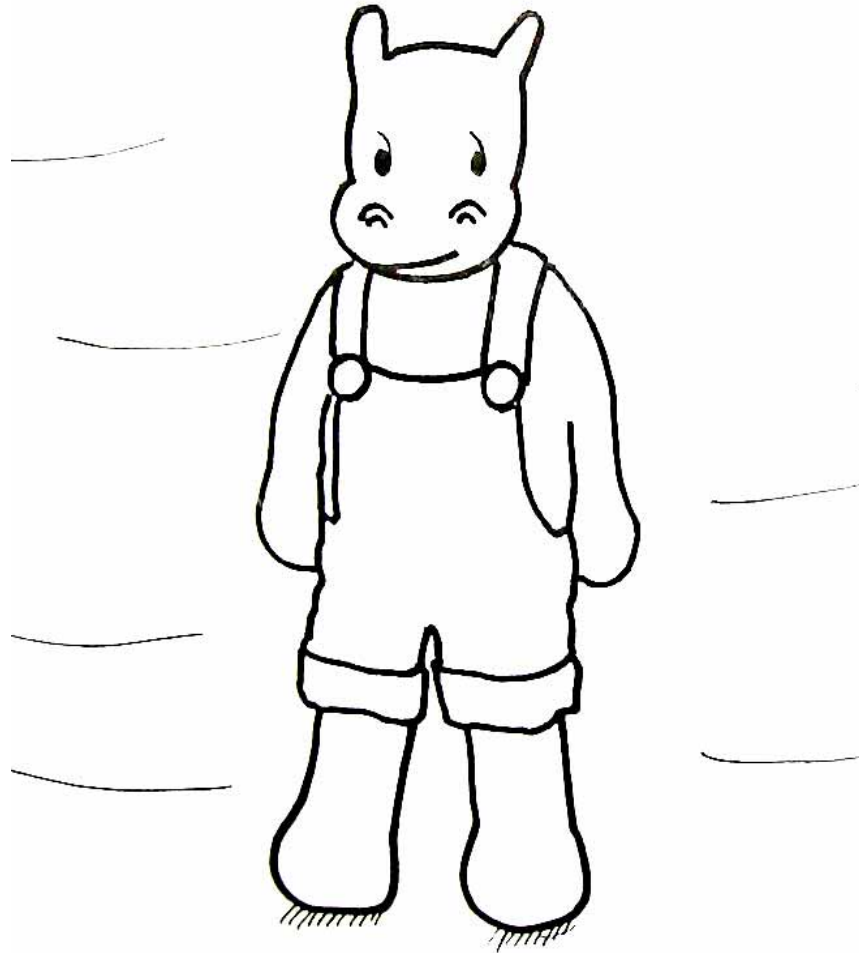
Let someone place their hands on your shoulders.
And you will feel your body becoming warm and your
heart becoming calm.



When you recall the event and you feel sad and feel like crying, you can express your true feelings and talk with someone you can trust about the event.



There's power in talking with people and with friends and teachers !



Afterwards, I will feel happier and more confident.