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Unicorn photo shoot las vegas

Helaina Hovitz is editor, writer and author of After 9/11. As of Sunday night, at least 58 people were killed and more than 500 others injured in a mass shooting at the Route 91 Harvest country music festival on the Las Vegas strip. This may be the deadliest mass shooting in modern U.S. history. As hard as it is to see images from the festival all over the news now, I know that everyone there who witnessed the attack - especially young people - was traumatised. Real-life or video clips showing police blockades, wailing sirens, and vigilance sites may intensify their anxiety and fear, and will likely be for a long time. RELATED: 12 Superfoods for Stress Relief I understand firsthand this, because I lived through a traumatic event - a terror attack - as a child too. I was 12 years old and in high school a few blocks from the World Trade Center when two planes tore through the tower on September 11, 2001. The horrors I experienced that day stayed with me and had a profound effect on my teenage years, as it likely would be for young people living through the Las Vegas shooting. Everything from that day remains sealed in my mind. The first plane hit the North Tower of the World Trade Center while I was in class. We were rushed to the cafeteria, and soon after, a second plane hit the South Tower. Bomb disposal team went off, and we had to evacuate. My neighbor and her son showed up around the same time and offered to drive me home; We're only a few blocks from school. When we stepped out of the school building, it was like walking to the scene of a disaster movie. Bloodied bodies were loaded into ambulances, random screams penetrated the air, buildings of paper vomited, and people packed shoulders to shoulders, making it almost impossible to move. And then, we saw people jumping from burning towers. After the tower collapsed, we spent an hour running, desperately trying to get home to my grandparents (who lived with us) while police blocked every street and dust and debris swirled around us. We didn't know what was going on at the time, and when I finally got home to my house and saw on TV what we had run, I understood. Outside the window, there was only black smoke. In the weeks, months, and years after 9/11, I struggled to live life as usual. I wanted to die being an ordinary teenager, but the trauma of that day took me away and wouldn't let go. I knew there was something very wrong with me. Immediate symptoms, such as stress and anxiety, are obvious. But long-term, the complex effects of trauma come later in the form of Post Traumatic Stress Disorder, or PTSD. It shifted my brain into a constant state of alarm, feeling that I wasn't safe. I struggled with depression and panic attacks. Ptsd You're in a state of fighting, flying, or freezing, where you feel completely out of control. Maybe they feel embarrassed, scared, or confused. RELATED: The Best and Worst Ways to Deal With Stress Victims can also start avoiding concert venues or crowded areas. They may have heard one of the songs played at the festival and feel scared or anxious and do not know why. They may start riding bikes too fast or skip school for adrenaline rush, or they may be too upset to get out of bed. They may want to spend all their time in their room — unusual behavior is unbelievable. One of the most common themes associated with is the desire to avoid people, places, or objects that cause us fear and pain. It's really a very normal response to an abnormal experience, Brown said. Moreover, he said, it can be difficult for people with PTSD to acknowledge these feelings to others. The idea of revealing for yourself what may be feelings and thoughts of extreme vulnerability can cause survivors intense anxiety. I was lucky; my parents were fully supportive of me and were able to get the help I needed, although many doctors and therapists misdiagnosed me several times. I hope young people who experience mass shootings will have the same support from their families and communities. For me, what helps is being allowed to express my feelings openly and not challenged but validated. I also have access to therapy, and I know other PTSD survivors cite getting the right therapy as lifesaving. For adolescents and all trauma survivors, special therapy is essential, because speech therapy alone can often do more harm than good. Cognitive behavioral therapy, dialectical behavioral therapy, and EMDR are highly effective methods that offer the skills to overcome the challenges that trauma presents in everyday life. Even tools like Crisis Text Line can help. Someone can send any message to 741-741; textline is an anonymous way to get expert support for any mental health or emotional problems. I also hope that all adults in Las Vegas understand how important it is to remind young PTSD survivors that their families and communities will do everything they can to keep them safe. They need to know that help is always available if they need it — and while resilience is something to learn, it's also something we all have in us. The Las Vegas Welcome Sign The Las Vegas Welcome Sign The Strip at dusk. Las Vegas Play slot, Las Vegas We select everything we recommend and select items through testing and reviews. Some products are delivered to us for free with no incentive to offer favorable reviews. We offer our opinions that are unbiased and do not receive compensation for reviewing products. All items are in stock and the price is accurate at the time of publication. If you buy something through our link, we can earn a commission. Flight Tickets \$ Flight Tickets \$ AirFares \$ Windstar Cruises cruises \$4499 + Business Class Airfare \$1662 + Patricia Magaña Hotel & Lodging Deals On Monday, October 2, Americans wake up to news of the deadliest mass shooting in modern U.S. history. More than 50 people have been killed and at least 400 injured at the Route 91 Harvest Festival in Las witnesses described relentless gunfire that rained down on 22,000 festival-goers from the 32nd floor of the nearby Mandalay Bay hotel. Upon entering the shooter's hotel room, police reportedly found a cache of weapons, including 10 rifles. However, at 10 a.m. Monday morning, the country was still awaiting the NRA's response to the Las Vegas shooting. Same group said [they] would come to The New York Times in a recent controversial ad, the same group that has fought against background checks and restrictions, has nothing to say about the largest mass shooting we've ever seen. Although every shooting in the US is an unnecessary tragedy, the scale of this latest event is harrowing. A man was able to arm himself with enough weapons to kill more than 50 people and injure hundreds in a matter of minutes. That's the country we live in - and the NRA is a big part of that. While we have no official statement from the NRA as of 10 .m Monday morning, their spokesperson has been active on Twitter. Dana Loesch's tweet emphasized the gunman's motives, without dealing with weapons - and his ability to obtain weapons. Although Loesch acknowledged that the incident was horrific and sinister - which took place without saying - there was no recognition that guns (and lack of gun control) were part of the problem. Prayer is not the answer to this - gun reform is. On Monday afternoon, NRA TV ad spending meant to start tomorrow was postponed — until October 10. As Judt Legum, editor and founder of Think Progress, points out, it's only eight days. The NRA seems to think that eight days is enough time to forget the deaths of more than 50 people, to forget the hundreds who have been injured. Mass shootings are just a fact of life in America, so why not continue business as usual? Celled attitudes are an insult to victims and their families. But this isn't the first time the NRA has been silent immediately after a mass shooting. After last year's Pulse nightclub tragedy in which 49 people were killed, there was a silence two days before Chris W. Cox, executive director of the NRA's Institute of Legislative Action, published an op-ed saying that gun control does not deter terrorists - ignoring the fact that terrorists need access to weapons to actually commit terrorism. After the San Bernadino shooting in 2015, Cox said: Here's another fact: the president's failed foreign policy has made us less safe. And his domestic gun control agenda will put our safety at risk even further. In California, President Obama has what he wants - the strictest gun control in the country - and that doesn't prevent this evil act. (Fourteen people were recently killed at an office party.) No matter how much you talk about motivation, domestic terrorism, or lone wolves, the point is that motivation doesn't kill people - guns kill people. I live in London, where we have suffered a huge amount of terrorism this year. And although every death is a tragedy, the numbers will never rival the numbers killed in the US - because we don't provide people with violent motivations to kill dozens of people in a few minutes. We're not going to give them guns. But in America, there are more guns than people. And now we have to wait to hear from the NRA - if we hear anything at all. We're going to hear that gun control won't change things- Australia's successful gun control reforms after one massacre, which led to a drop in the number of mass shootings. We're going to hear that we need good people with guns to protect us from bad guys with guns, despite the fact that someone who has a gun is 4.5 times more likely to be shot than someone who doesn't. We will hear that we need to be armed in this war on terror, despite the fact that more people are shot by toddlers than killed by terrorists on American soil. What Americans won't hear from them is what America needs: gun control, apologies, empathy, grounding, or hope. Hope.

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