

News reports suggest that America realizes the importance of tightening its security belt no matter how great the economic price to accomplish it. This reinvestment in national home security should be paralleled with a reinvestment in personal home security, namely securing and enhancing relationships at home and in one's personal life.

Some people will be able to do this on their own; others may benefit from professional counseling. We are in the midst of an evolving human drama in America. History and the events we experience daily mark a turning point in America's life.

Our national case of post-traumatic stress has reawakened for many people wounds of old traumas, which may have been suppressed or unresolved for years. Without minimizing this reality, I would like to suggest that it could also serve as a catalyst to better mental health of the survivors.

Each American owes it to himself or herself to reach deep inside, to reassess one's own life and find what truly gives it meaning. Take the time to say, "Thank you for being there." Give someone you love an extra hug. It just may be the most potent security shield of all.

**Moti Peleg**

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