

Helpful hints for you after a traumatic event

The reactions you are having are common, and in fact quite normal. With understanding and support they will pass. Activities that will help with your recovery include:

- Talking with people who are good listeners
- Expressing feelings as they arise
- Eating well balanced, nutritious, regular meals - even if you don't feel like eating.
- Getting plenty of rest
- Connecting with people who care about you
- Having someone stay with you if you are feeling scared
- Maintaining as normal a schedule as possible, without overdoing it
- Having a reasonable level of physical activity, without overdoing it
- Giving yourself permission to feel rotten
- Not thinking you are going crazy
- Keeping a journal to express feelings as they arise
- Not making big life changes
- Being aware that alcohol and drugs can complicate and delay your recovery
- Talking with a professional if these feelings become too intense or too prolonged