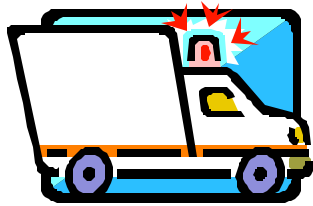


Traumatic Events: How Can You Best Handle It?

As we go through life, there will be traumatic events that happen around us which will shake our sense of security- whether or not they affected us directly or not.



Emergency

Common Reactions

Everyone reacts differently to traumatic events but there are common reactions that you may experience. Some common reactions include:

- ✓ Reevaluating your life as far as what is important and what is not.
- ✓ Difficulty concentrating.
- ✓ The need to be in touch with the people that are important to you.
- ✓ Feeling guilty that others have suffered more than you.
- ✓ Not comfortable being alone.
- ✓ Remembering past traumas or losses.
- ✓ A fear of leaving your loved ones or your home.
- ✓ Experiencing emotional highs and lows in a short time period.
- ✓ Sensitivity to loud noises, shouting or crying by others.
- ✓ Difficulty sleeping.
- ✓ Physical discomforts such as headaches, stomachaches, sore muscles etc.
- ✓ Discomfort when in places that seem unsafe to you.

Since everyone has different ways of handling and reacting to traumatic situations, we must be sensitive to the timing as well. If someone is part of the response team or is a caregiver of an event then they may experience a delay in their own reactions until they have stopped being involved. We must be careful not to measure others reactions against our own.

Suggestions Handling Traumatic Events

- ✓ Get back into your normal routine as soon as possible as this will help you to regain your sense of stability and predictability.
- ✓ Try to eat properly and regularly. Avoid eating junk food, excessive sugar, alcohol, and caffeine.
- ✓ Make sure you get rest and some exercise.
- ✓ Talk to others about what you are experiencing and share your your own reactions and feelings.
- ✓ Don't push yourself.

- ✓ If you are questioning your own decision making ability, ask for feedback from others on how you are doing.
- ✓ If you are having trouble sleeping then try listening to soothing music or drink a glass of milk at least a half hour before you plan to go to bed.