

THINGS TO TRY:

- ☐ WITHIN THE FIRST 24-48 HOURS periods of appropriate physical exercise, alternated with relaxation will alleviate some of the physical reactions.
- ☐ Structure your time – keep busy.
- ☐ You're normal and having a normal reaction – don't label yourself crazy.
- ☐ Talk to people – talking can be a healing medicine.
- ☐ Be aware of numbing the pain with overuse of drugs or alcohol, you don't need to complicate this with a substance abuse problem.
- ☐ Reach out – people do care.
- ☐ Maintain as normal a schedule as possible.
- ☐ Spend time with others.
- ☐ Help your co-workers as much as possible by sharing feelings and checking out how they are doing.
- ☐ Give yourself permission to feel rotten and share your feelings with others.
- ☐ Keep a journal, write your way through those sleepless hours.
- ☐ Do things that feel good to you.
- ☐ Realize those around you are under stress.
- ☐ Don't make any big life changes.
- ☐ Do make as many daily decisions as possible, which will give you a feeling of control over your life, i.e., if someone asks you what you want to eat – answer them, even if you are not sure.
- ☐ Get plenty of rest.
- ☐ Reoccurring thoughts, dreams or flashbacks are normal – don't try to fight them – they'll decrease over time and become less painful.
- ☐ Eat well-balanced and regular meals – even if you don't feel like it.

FOR FAMILY MEMBERS & FRIENDS

- ☐ Listen carefully.
- ☐ Spend time with the traumatized person.
- ☐ Offer your assistance and a listening ear if they have not asked for help.
- ☐ Reassure them that they are safe.
- ☐ Help them with everyday tasks like cleaning, cooking, caring for the family, and taking care of children.
- ☐ Give them some private time.
- ☐ Don't take their anger or other feelings personally.
- ☐ Don't tell them that they are "lucky it wasn't worse" – traumatized people are not consoled by those statements. Instead, tell them that you are sorry such an event has occurred and you want to understand and assist them.

Source: *International Critical Incident Stress Foundation, Inc.*

For Additional Information or to Access Benefits Call:



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