

HELPFUL HINTS FOR RECOVERY

Trying some of the following hints may help to alleviate the emotional pain associated with a traumatic event. For the next few days anyway you should consider eating and/or drinking less caffeine, salt, sugar, and eating and/or drinking more wholesome foods. Give your body a chance to recover too.

For Yourself

- Try to get more rest.
- Talk to friends.
- Spend time with loved ones.
- Try not be alone for a while.
- Intrusive thoughts/images are normal. Don't try to fight them, they'll decrease over time and become less painful.
- Maintain as normal a schedule as possible but take breaks.
- Eat well-balanced and regular meals (even if you don't feel like it).
- Try to keep a reasonable level of activity.
- Fight against boredom – physical activity is helpful.
- Reestablish a normal schedule as soon as possible but don't push too hard.
- Express your feelings as soon as they arise.
- Talk to people that you trust and who love you.

For Family Members and Friends

- Listen carefully.
- Spend time with your loved one.
- Offer your assistance and listen actively, even if they don't ask.
- Reassure them that they are safe.
- Help them with everyday tasks.
- Give them some private time but check on them occasionally.
- Don't take anger or other feelings personally.
- Don't tell them they are "lucky it wasn't worse." They are not consoled by this statement. Instead, tell them you are sorry this happened and that you want to help.
- Don't be surprised if your loved one only wants to talk about the incident with friends, colleagues or other affected by the incident.