



**When you've experienced a trauma, it can be a shock to your whole system. The following are some ideas to help you cope with any physical or emotional symptoms you may be experiencing.**

## **SHOCK AND TRAUMA**

Eat well-balanced and regular meals, even if you don't feel like it. Good nutrition is very important to survive a stressful event.

Get plenty of rest.

Exercise regularly. It can help work off some physical stress symptoms, leaving you feeling calmer and better able to relax. If you're feeling lethargic it can help energize you and clear your mind.

Avoid caffeine, especially if you are having trouble sleeping.

Avoid the use of drugs or alcohol, including prescription and over-the-counter drugs to numb the pain. It will only complicate or delay your recovery.

Structure your time and set priorities. Maintain your basic normal routine, but give yourself permission to skip the extras for a while.

Don't make any major life changes or decisions.

It is normal to have recurring thoughts or feelings about the incident. This is a normal response to an abnormal event. It will decrease over time.

Do make as many small daily decisions as possible to reassert your sense of control.

Do things that you enjoy. Take mini-breaks; go out to dinner, take 10 minutes alone, watch a movie.

Talk with people you trust: your family, friends, co-workers. Don't be afraid to reach out. People do care.

Don't be afraid to set limits with others when you don't feel like talking. You don't have to discuss the incident or your feelings when you don't want to. Give yourself permission to be in control of your experience.

Don't label yourself as 'crazy'. Remind yourself you're having normal reactions.

Write down your thoughts and feelings. This can be especially helpful if you're having trouble sleeping or when you wake from a troubling dream.

**Ask for help if you need it. This does not imply weakness. It simply indicates that you are dealing with a new and difficult situation and need new information on how to return to normal.**

**your employee assistance program**

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