

## **Coping with Trauma**

Physical and emotional reactions to trauma are normal following tragic events.

### **Normal Reactions may include:**

- Numbness or Shock
- Sleep Disturbances
- Recurring thoughts and images
- Guilt
- Fear
- Mood Swings
- Grief, Sadness, Despair
- Renewal of emotions related to past events

### **Suggestions for Coping:**

- Share feelings with family, friends
- Don't dwell on fears or "What if's?"
- Care for yourself physically
- Avoid turning to drugs or alcohol
- Establish a sense of control by reestablishing daily routines
- Help others
- Take a break from media coverage

### **Special Considerations for Children:**

- Be honest, open and clear
- Listen to your child
- Provide reassurance and physical comfort
- Limit the exposure; be mindful of TV and radio
- Maintain family rules, expectations and routine

Remember that crisis is temporary. While lives are forever changed by traumatic experiences, we can face life with new understanding and meaning. Overcoming even the greatest tragedies is possible.

### **Help is Available**

If you or someone you know experiences difficulty or is overwhelmed, Valley Mental Health operates a 24-hour crisis line. Call 261-1442 for assistance.