

Positive Self Care after a Traumatic Event

When you experience a traumatic event there are things you can do to cope! Try...

Accepting your feelings as normal responses to an abnormal event; remind yourself that a variety of reactions are normal and don't label yourself as "crazy" or "not handling things well"

Paying close attention to your body and how you feel; remain aware of what you are feeling both physically and emotionally

Setting limits; limit your exposure to media outlets at this time; identify what responsibilities and actions are yours and what things are out of your control; accept and assert your limitations

Structuring your time and keep busy; set reasonable goals for each day and make daily life decisions; avoid making any major decisions or life changes too soon

Talking and sharing your worries or concerns with others; reach out and stay connected to your family and friends

Eating right and exercising; physical activity will release tension and enhance your mood; good nutrition will help you meet the physical and emotional demands of this experience

Avoiding substance use; alcohol and drugs give only temporary relief and in the long run will likely increase your stress level and have a negative impact on your sleep

Relaxing and striving for a regular sleep schedule; get as much sleep as possible and take time to relax; do something calming or enjoyable each day; give yourself time to stop, take a few deep breaths, and regroup if you need to

Listening to your thoughts; monitor negative thinking and counter it by sharing your fears or concerns with others and replacing these thoughts with more realistic, objective thoughts