

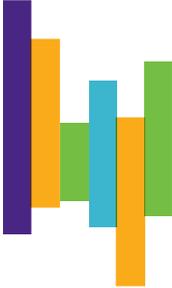
CAPITA



Coping with trauma

Self-help guide





Coping with trauma



This leaflet has been developed to help you cope with a traumatic incident in the weeks and months ahead. Each person deals with unexpected incidents in his or her own way and reactions to it can differ widely. You may experience some or all of the following reactions, often or occasionally:

- You may feel angry, questioning why the event happened and wanting to blame somebody.
- You may become irritable, experience loss of control, question why others don't understand you.
- You may feel sad or tearful for no particular reason
- You may re-experience strong feelings for other losses from your past unrelated to this event
- You may feel overly guilty for not acting the way you wished you had and/or for surviving
- You may feel unusually tired, drained of emotions, exhausted
- You may feel uncharacteristically cautious about everyday events
- You may be unable to feel anything, leaving you feeling numb or experience excessive mood swings
- This incident may remind you of other incidents, losses or bereavements in your life possibly when you least expect it.
- You may be thinking about the event/incident repeatedly, finding it difficult to concentrate or make decisions
- You may experience feelings of frustration and may not be able to recall desired information or details relating to the event.

These are common, normal reactions to abnormal events.

If you recognise yourself in the description above, what should you do now?

You could benefit from talking to someone who is professionally trained to help you understand what is going on for you and talk you through your options.

Those people would include:

- Employee Assistance Programme - you can call and ask to speak to a trained trauma counsellor.
- GP
- Health Visitor, if you have a pre-school child



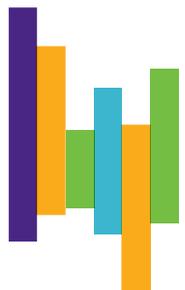
How can you help yourself?

- Talk to someone about how you are feeling – it is common to want to share your feelings over and over again.
- Express your reactions in your preferred style – writing, talking, walking, reading - it will help to order and understand your feelings.
- Begin to restore order into your world by re-establishing familiar routines.
- Prioritise your issues and address them one at a time.
- Put off making important decisions when you are dealing with so much.
- Seek information, advice and help and rely on people you trust.
- Find out what is expected from you in days to come so you can plan ahead.

This information is intended to help you to understand your potential responses to this incident and we hope it will be helpful. However, it is not designed to be a substitute for the role of professionals and expertise in counselling and trauma support. If you are experiencing any of the above or would like to talk further about how you are feeling, contact your Employee Assistance Programme or your GP.



Call your Employee Assistance Programme on



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Wellbeing guides