

Recovering From Trauma



Individuals who have experienced a traumatic event often demonstrate changes in behavior. Best Care EAP offers suggestions to keep in mind that may reduce the probability of long-term stress reactions.

DO:

- Establish a sense of safety and follow a familiar routine.
- Expect the incident to bother you.
- Remind yourself that post-trauma consequences are normal.
- Learn as much as possible about post-traumatic incident stress.
- Exercise and maintain a healthy diet.
- Take time for leisure activities.
- Spend time with supportive people.
- Allow yourself to grieve. Grieving involves:
 - Acknowledging your losses.
 - Allowing yourself to feel pain, sadness, and anger.
 - Talking about the trauma with people you trust.
- Try keeping a journal of your thoughts and feelings.
- Know your limits and be patient with yourself.
- Use your Best Care EAP short-term counseling benefit.

DON'T:

- Drink alcohol excessively or increase caffeine intake.
- Use any type of substance to “numb” your emotions.
- Withdraw from family, friends, or coworkers.
- Reduce or stop leisure activities.
- Take on major projects.
- Make changes if they are not necessary.
- Automatically stay away from work.
- Look for easy answers to explain the reasons for the traumatic incident.
- Think you are “crazy” or “losing it”.
- Pretend everything is “fine” or that you’re “ok”.
- Have unrealistic expectations for the time it takes to recover.

During this difficult time, remember you have Best Care EAP benefits. Our licensed counselors are compassionate, caring and ready to help in any way they can. Visits can be in-person or via telehealth and are always confidential. To request an appointment, please fill out our [counseling registration form](#). If you have any issues with the form, please call our office and we'll be glad to help: (402) 354-8000 or (800) 801-4182.