



Recovering from Trauma

Suggested Tips for Recovering From Trauma

People who have experienced a traumatic event often demonstrate changes in behavior. These suggestions reduce the probability of long-term stress reactions.

Don't

- Drink alcohol excessively or increase caffeine intake.
- Use illegal or legal substances to “numb” yourself.
- Withdraw from family, friends, or co-workers.
- Reduce leisure activities.
- Take on new major projects.
- Make major changes if they are not necessary.
- Automatically stay away from work.
- Look for easy answers to explain the reasons for the incident.
- Think you are “crazy” or “losing it”.
- Pretend everything is “fine” or “OK”.
- Have unrealistic expectations for your recovery time.

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.
- Maintain a healthy diet and exercise.
- Take time for leisure activities.
- Spend time with supportive people.
- Allow yourself to grieve. Grieving involves:
 - 1.) Acknowledging your losses.
 - 2.) Allowing yourself to feel pain, sadness, and/or anger.
 - 3.) Talking about the trauma with people you trust.
- Try keeping a journal of your thoughts and feelings.
- Know your limits. Be patient with yourself during this process.
- Use your Best Care Employee Assistance counseling benefit.

Symptoms of anxiety may not appear for weeks, or even months, after a traumatic event; and they can affect people of any age. If stress or anxiety disrupts daily activities for you or any member of your family, *Best Care EAP* can help.

To speak with a professional Best Care counselor, call 402-354-8000 or 800-801-4182. Visit our website at www.BestCareEAP.org for more information and resources.



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