# Ta acEen Care Tips

## Unde and Dae Een

- No one who sees or experiences a traumatic event is untouched by it.
- It is normal to feel anxious about you and your family's safety and future.
- Profound sadness, grief and anger are normal reactions to an abnormal event.
- · Acknowledging your feelings helps you recover.
- · Focusing on your strengths and abilities will help you heal.
- Accepting help from community programs and resources, as well as the EAP, is healthy.
- We each have different needs and different ways of coping.
- It is common to want to strike back at people who have caused great pain. However, nothing good is accomplished by hateful language or actions.

### Wann Sn fSe

- · Difficulty communicating thoughts
- · Difficulty sleeping
- · Difficulty maintaining emotional balance
- Increased use of drugs/alcohol
- · Limited attention span, difficulty concentrating
- · Poor work performance, easily frustrated
- Headaches/stomach problems
- · Tunnel vision/muffled hearing
- · Colds or flu-like symptoms
- · Disorientation or confusion

- · Reluctance to leave home
- Depression, sadness, feelings of hopelessness
- Mood swings, crying easily
- · Overwhelming guilt and self-doubt
- · Fear of crowds, strangers or being alone
- Constantly focusing on the event

#### Wa EaeeSe

- · Consider talking to a professional.
- · Don't hold yourself responsible.
- Take steps to promote your own physical and emotional healing (i.e., healthy eating, rest, exercise relaxation, meditation).
- Maintain a normal daily routine, limiting demanding responsibilities of yourself and your family.
- Spend time with family and friends.
- Participate in memorials and rituals.
- Use existing support groups: family, friends and religious.

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If self-help strategies are not helping or you find that you are using drugs alcohol in order to cope, you may wish to seek outside of professional assistance with your stress symptoms.

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