

# RECOVERING FROM TRAUMATIC EVENTS

The Steps to Healing

1



Maintain a good diet

2



Get Sufficient sleep

4



Avoid alcohol, caffeine, and nicotine as much as possible

3



Use physical exercise to help lessen tension

5



Talk about the incident with people you trust

6

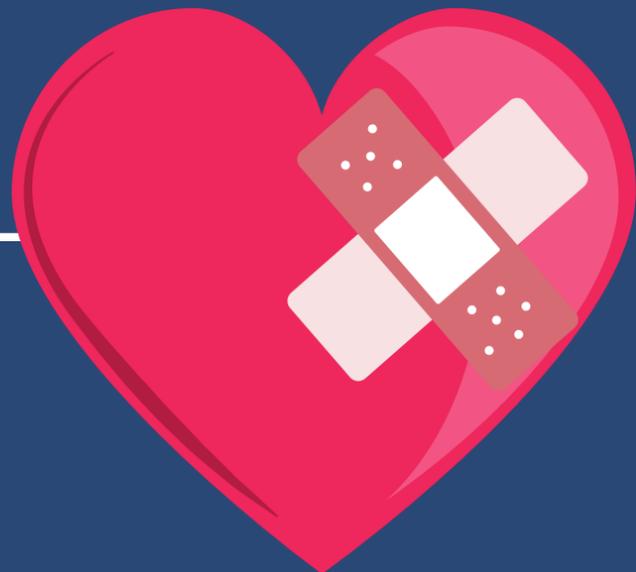


Balance self-isolation with the companionship of others

7



Avoid situations that will promote further stress



"Just as your body must heal from physical wounds, so must you heal from emotional wounds."\*



# TRAUMATIC EVENTS

BEAVER COUNTY VICTIM SERVICES

## PHYSICAL REACTIONS

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- A feeling of numbness and fatigue
- Increased blood pressure
- Shortness of breath, dry mouth
- Nausea and upset stomach
- Sweating and chills, clammy skin
- Tremors of hands, lips, and eyes
- Muscle aches and headaches

## EMOTIONAL CHANGES

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- Anxiety
- Denial
- Guilt
- Anger about what happened
- Fear and worry about the impact of the event
- Irritability
- Sadness and grief (depression)
- A sense of detachment and abandonment
- Feeling lost (isolated)
- Feeling numb
- Feeling powerless
- Loss of control
- Insomnia

## A TRAUMATIC INCIDENT

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An event which will have a very private meaning to you

This sudden and unexpected event may create an overwhelming feeling of helplessness and may affect you physically, mentally, and emotionally.

## THESE CHANGES MAY LEAD TO

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- Poor concentration and attention span; memory loss
- Disturbing images and mental pictures of what took place
- Difficulty in making even small decisions
- Restlessness and confusion
- Self blame and blaming others
- Doubting ourselves and others
- Withdrawing from others or becoming more aggressive
- Increased alcohol, food, and smoking intake
- Excessive humor, silence

**SHOCK AND GRIEVING ARE  
NATURAL STEPS IN THE  
HEALING PROCESS**

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**SOMETIMES YOU MAY GET SET  
BACK BY "TRIGGERING  
FORCES"**

**FOR EXAMPLE: ANIVERSARY  
DATES**

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**AS YOU GO THROUGH THE  
HEALING PROCESS YOU WILL  
BECOME MORE DETACHED  
FROM THE EVENT**

## REMEMBER:

Your response to the traumatic event is deeply personal and normal.