

Support When Recovering From Trauma



Symptoms after a traumatic event may not appear for weeks or months. However, following these suggestions may reduce the probability of long-term reactions.

- 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 about post-traumatic incident stress.
- Maintain a healthy diet and exercise.
- Make time for leisure activities.
- Spend time with supportive people.
- Allow yourself to grieve. Grieving involves:
 - Acknowledging your losses
 - Allowing yourself to feel pain, sadness or anger
 - Talking about the trauma with people you trust
- Try keeping a journal of your thoughts and feelings.
- Be patient with yourself during this time.

Behavioral Responses You May See in Yourself:

- Withdrawal from others/angry outbursts
- Crying/irritability
- Decreased energy/ambition
- Marital/relationship conflict
- Increased use of alcohol or medications

Your Free Best Care EAP Benefits:

- **FREE VISITS** with a professional counselor. Confidential, one-on-one conversations may help you process trauma so you feel like yourself again.
- A website just for employees with Best Care EAP resources including **FREE** on-demand webinars and articles on trauma, mental health, wellbeing and more.

Visit www.bestcareeap.org. Contact your HR manager for your company-specific login code.

It's important to know that you are not alone and Best Care EAP is here for you.

To schedule a FREE appointment, call (402) 354-8000 or (800) 801-4182.

