



COPING WITH A TRAUMATIC EVENT

What is a traumatic event?

A traumatic event can be something personal, like losing a loved one, or something external, like a natural disaster or mass shooting. The range is wide, and survivors can use many skills to manage the difficult emotions that follow.

Regulate Feeling & Reactions: Intense feelings of sadness, rage, confusion or other emotions are normal after a traumatic event. Maintaining some control is important to keep those emotions and related behaviors from spiraling out of control. Maintaining a normal routine or limiting social media exposure can help.

It Takes Time: Recovering from any sort of trauma takes time. The same emotions may return repeatedly, even if you think you've dealt with them. Many compare these waves of emotions to a stormy sea. This is completely normal. The healing process is not linear and understanding this can help reduce feelings of exhaustion.

Some Days are Better: Some days will be better than others; expect to feel both good days and bad days. There can be truly joyous experiences that make a good day, like a promotion or birth. Sometimes something as simple as a laugh, or gorgeous day may make for a great day. Bad days are just as extreme and can be affected by a myriad of events: anniversaries, an argument, memories, or the weather. Take comfort in those good days and work through the bad as part of the healing process. Sometimes sharing the good moments can be a reminder to why healing is worth it.

Coping Skills: Practice coping skills to help from lapsing into unhealthy behaviors. New skills can be hard to learn in the aftermath of a traumatic event – start with ones you feel comfortable with or that feel manageable. Check out some ideas over to the right.

Set Boundaries

Say no
Make time for you
Lean on your supports

Practice Good Hygiene

Get enough sleep
Adults, 7-9 hours
Teens, 8-10 hours
Age 6-12 years, 9-12 hours

Eat right
Balanced diet
High protein, along with
Vitamins C, A and B can
protect the body from the
effects of stress

Exercise
30 min, 5 days a week

Practice Deep Breathing

Inhale for 4 seconds
Hold for 6 seconds
Exhale for 8 seconds
Repeat

Ask for Help

Family, friends
Professional help



CorpCare

Our Employee Assistance Program provides emotional support to employees in the toughest times. If you're looking to add an EAP to your organization, CorpCare is here to help. Please contact us today.

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