



Traumatic Event Helpful Hints

Trying some of the following hints may help to alleviate the emotional pain associated with the traumatic event.

For Yourself	For Family Members & Friends
<ul style="list-style-type: none">• Try to rest a bit more• Contact friends• Have someone stay with you for at least a few hours or periods of a day or so• Reoccurring thoughts, dreams or flashbacks are normal – don't try fight them – they'll decrease over time and become less painful.• Maintain as normal a schedule as possible• Eat well-balanced and regular meals (even when you don't feel like eating)• Try to keep a reasonable level of activity• Fight against boredom• Physical activity is often helpful• Re-establish a normal schedule as soon as possible• Express your feelings as they arise• Talk to people who love you• Find a good counsellor if the feelings become prolonged or too intense	<ul style="list-style-type: none">• Listen carefully• Spend time with the traumatized person• Offer your assistance and listening ear even if they don't ask for it• Sometimes silence is OK, just being there is enough• Reassure them that they are safe• Help them with everyday tasks like cleaning, cooking, caring for family, minding children• Give them some private time• Don't take their anger or other feelings personally• Don't tell them that they are "lucky it wasn't worse" – those statements do not console traumatized people. Instead tell them that you are sorry such an event occurred and you want to understand and assist them.

If the stress symptoms are severe if they last longer than six weeks, the traumatized person may need professional counselling. Be sure the mental health professional is familiar with the stresses experienced by emergency workers.