NORMAL REACTIONS TO ABNORMAL EVENTS

WHAT TO EXPECT:

Anxious – About your safety and how you would react in an emergency

Shock – Some people experience disbelief that what happened was real, or now feel disconnected from what is going on. Symptoms may include confusion, emotional numbness or difficulty concentrating.

Unpredictable Emotions – It is common to feel depression, guilt, sadness, irritability or frustration at times or in ways you haven’t before. The intensity of these feelings might be unexpected.

Anger and Blaming – these may be directed at the victim/situation but also towards others. You may begin to feel unprotected even if you know you really are safe.

Need for Safety and Protection – a feeling of being unsafe or vulnerable may develop into a heightened, even excessive, fear of further threats to your safety at work and elsewhere.

Hyper Vigilance – you might find yourself constantly looking over your shoulder, becoming easily startled or re-checking locks on doors and windows.

Tension With Others – don’t be surprised if you notice more conflict in marital or other relationships, particularly in your workplace.

Family and Friends’ Reactions – some may over-react by making unrealistic demands to ensure your safety. Others may cope by denying the reality of the danger.

TIPS FOR COPING:

Talk about it.
Talking with friends, colleagues, family members or a counselor will help you realize that you are not alone in your feelings.

Limit media viewing.
Take breaks from watching news coverage of the event.

Take care of yourself.
Taking good physical care of yourself with rest, exercise, and healthy eating will help your body to deal with stress. Do activities that you enjoy and find relaxing.

Avoid excess.
Avoid using alcohol, drugs, and tobacco products as a way of dealing with stress.

Resume routines.
Getting back to your daily routines in life can be a good method for regaining a sense of control.

Get involved.
Engaging in positive activities like group discussions and candlelight vigils can help promote comfort and healing.

Recognize your strengths for coping.
Also accept your limitations. Give yourself as much time as needed to heal.

Take security precautions.
Make an inventory of what will make you feel secure in your home, workplace and when you are out in public.

WHEN TO CALL AND ASK FOR HELP

- You find yourself reliving old traumas you thought were healed
- Your feelings of anger, fear, vulnerability or blame just won’t go away.
- You find that you are drinking more or using other drugs to help you get through.
- Your functioning at work, home or school is being affected by your emotional stress.
- You have flashbacks, or think you see objects or people when they aren’t there.
- You have thoughts of wanting to harm yourself or another person.

Call: 888.243.5744
Visit: www.alonehealth.com/sandcreekeap