



## Coping after a traumatic event

### National Unrest

If you turn on the TV, pick up a newspaper or go on the Internet, you'll likely find the news is full of tragic events. Some tragedies involve unthinkable acts of violence, which can be difficult to understand. When violence strikes closer to home — like in your community — it may be even harder to process.

Resiliency describes a flexible quality that allows you to bounce back from tough situations. While people may process violence in different ways, there are several tools you can use to help build your resiliency skill set on [liveandworkwell.com](http://liveandworkwell.com).

**Coping Center:** Type the keyword “coping” into the search bar, select *Coping*. Here you'll find articles, guides, self-help tools and videos on coping with stress.

**Mindfulness Center:** Type the keyword “mindfulness” into the search bar, select *Mindfulness Center*. Here you'll find breathing and meditation exercises, guides, videos and tools for practicing mindfulness.

**Resiliency Resources:** Learn more about bouncing back after difficult times. Type “resiliency” into the search bar, select *Recovery & Resiliency Center*.

Visit [www.liveandworkwell.com](http://www.liveandworkwell.com) and enter with your company access code.

**Public Crisis Line:** Our toll-free emotional support help line at **(866) 342-6892** is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.

## What are common responses to a traumatic event?

- **Intense feelings.** Right after the event, you may feel shocked and overwhelmed. For a while, you may be jumpy, irritable or depressed. It may be hard to focus, concentrate or make decisions.
- **Physical stress** like headaches, dizziness and nausea. Keep an eye on these, as you may need to seek medical attention.
- **Unexpected emotional reactions.** For example, hearing sirens or loud noises may cause strong emotions, reactions or grief. You may also have changes in sleeping or eating patterns.
- **Strained relationships.** You may find yourself fighting with friends and loved ones. Or you may feel withdrawn and tend to keep to yourself. Try to get back to socializing with at least one or two family members or friends.

## Some Tips for Recovering from a Traumatic Event

- **Ask for help.** Talk to others about your thoughts and feelings, if you feel comfortable doing so. Identify supportive and helpful people you can turn to when you need help or advice. Also try keeping a journal.
- **Choose when to connect.** Disconnecting from media may give you time to focus on important things — like your health or stress management.
- **Change your perspective.** Try to find something you've learned from the negative experience. It may be helpful to gain a broader perspective.
- **Focus on your feelings.** Acknowledge your feelings as they occur to you. Self-awareness is an important first step in learning to manage your feelings.
- **Practice healthy behaviors.** Get plenty of sleep, eat a well-balanced diet and get physical activity.\*
- **Start a routine.** Get back in the habit of sleeping and eating at regular times. Consider taking up a new hobby or other activities that you enjoy.

\*If you're pregnant, physically inactive or have a health condition like arthritis, diabetes or heart disease, check with your doctor before starting an exercise program or increasing your activity level. They can tell you what types and amounts of activities are safe for you.



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