

# Coping with Trauma

Physical and emotional reactions to trauma are normal following tragic events.

## Normal Reactions may include:

Numbness or Shock

Sleep Disturbances

Recurring thoughts and images

Guilt

Fear

Mood Swings

Grief, Sadness, Despair

Renewal of emotions related to past events

## Suggestions for Coping:

Share feelings with family, friends

Don't dwell on fears or What if's?

Care for yourself physically

Avoid turning to drugs or alcohol

Establish a sense of control by reestablishing daily routines

Help others

Take a break from media coverage

## Special Considerations for Children:

Be honest, open and clear

Listen to your child

Provide reassurance and physical comfort

Limit the exposure; be mindful of TV and radio

Maintain family rules, expectations and routine

Remember that crisis is temporary. While lives are forever changed by traumatic experiences, we can face life with new understanding and meaning. Overcoming even the greatest tragedies is possible.

## Help is Available

If you or someone you know experiences difficulty or is overwhelmed, you may contact the SLCo/UNI 24-hour CrisisLine at 801-587-3000 for assistance.

## **SLCo/UNI Crisis Services**

