

## HELPFUL HINTS FOR RECOVERY

Trying some of the following hints may help to alleviate the emotional pain associated with a traumatic event. For the next few days anyway you should consider eating and/or drinking less caffeine, salt, sugar, and eating and/or drinking more wholesome foods vitamins B and C. Give your body a chance to recover too.

### **For Yourself**

- Try to get more rest.
  - Talk to friends.
  - Do not be alone for a while.
  - Intrusive thoughts/images are normal – don't try to fight them – they'll decrease over time and become less painful.
  - Maintain as normal a schedule as possible but take breaks.
  - Eat well-balanced and regular meals (even if you don't feel like it).
  - Try to keep a reasonable level of activity.
  - Fight against boredom – physical activity is helpful.
  - Re-establish a normal schedule as soon as possible but don't push too hard.
- Express your feelings as they arise.
- Talk to people who love you.

### **For Family Members and Friends**

- Listen carefully.
- Spend time with your loved one.
- Offer your assistance and a listening ear, especially if they don't ask.
- Reassure them that they are safe.
- Help them with every day tasks like cleaning, cooking, and 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" – they are not consoled by this statement. Instead, tell them that you are sorry this happened to them and you want to help.
- Don't be surprised if your loved one only wants to talk about the incident with colleagues, as long as they are talking.