



## Helping Yourself Feel Better after a Traumatic Event

*After a traumatic event, you may experience all kinds of reactions in what you think, how you feel, and/or how you behave. Here are some ideas to help you cope with these reactions.*

- ☞ Remind yourself that you're normal and having normal reactions to a not normal event.
- ☞ Give yourself permission to feel rotten. Sharing your feelings can help.
- ☞ Eat well-balanced and regular meals. If you're struggling to eat, start with small amounts of plain foods.
- ☞ Get plenty of rest.
- ☞ Exercise – it can help your body feel more normal.
- ☞ Avoid caffeine (soda, coffee, etc...) especially if you're having trouble sleeping.
- ☞ Keep your basic normal routine but give yourself permission to skip the extras for a while.
- ☞ Making small daily decisions can help you feel more in control.

- ☞ Avoid making any big life changes for a while.
- ☞ Numbing your reactions with alcohol, drugs, or video games can get in the way of healing.
- ☞ Its normal to have thoughts or feelings that replay about the event. They will decrease over time.
- ☞ Talk to others – it is the most healing thing you can do.
- ☞ Do things you enjoy: watch a movie, read, walk, take mini breaks for yourself.
- ☞ Set limits with others when you don't feel like talking. You don't have to discuss the event or your feelings when you don't want to.
- ☞ Drawing, writing, or journaling your feelings can help with sleepless nights or bad dreams.
- ☞ Ask for help when you need it whether it be from family, friends, a trusted adult, or other school staff.