



## WHAT PEOPLE CAN EXPECT AFTER TRAUMA

### PHYSICAL

- Exhaustion
- Startled reactions
- Difficulty Sleeping
- Nightmares

### BEHAVIORAL

- Change in activity level
- Withdrawal
- Emotional loss of control or outbursts
- Suspiciousness
- Increased drug & alcohol use
- Loss or increase in appetite
- Crying
- Pacing

### EMOTIONAL

- Anxiety or fear
- Emotional numbing
- Depression or agitation
- Feeling overwhelmed or irritable
- Intense anger
- Uncertainty or helplessness

### COGNITIVE

- Difficulty concentrating
- Difficulty problem-solving
- Overly cautious
- Forgetfulness
- Intrusive memories of the event

## THINGS TO DO TO HELP YOURSELF:

Recovering from the emotional effects of an event can take a long time but you can take steps to begin the healing.

- Remind yourself that you are having normal reactions. Give yourself a break, be kind to yourself.
- When you can, allow yourself to feel sadness & grief and any other emotion over what has happened.
- Talking to others about how you are feeling is important. Maintain connections with your friends, relatives and community. Talk about your experiences with them.
- Keep daily routines (like mealtimes) in place if possible. This helps in feeling there is still a sense of control and order to your life.
- Eat healthy, get enough sleep and remember to do things you enjoy.
- Alcohol and drug usage does not help in the long run. Try to limit your intake.
- Try to focus on the positive. There are caring people and acts of kindness all around us.
- This is a difficult time and often people can be more emotional - be patient and understanding with each other.
- Avoid making big life decisions right away.

MIND SPRINGS *health*  WEST SPRINGS *hospital*  
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24/7/365 Colorado Crisis Services Hotline: 1.844.493.8255 | Text TALK to 38255