



## Positive Self Care after a Traumatic Event

*When you experience a traumatic event there are things you can do to cope! Try...*

**Accepting your feelings** as normal responses to an abnormal event; remind yourself that a variety of reactions are normal and don't label yourself as "crazy" or "not handling things well"

**Paying close attention** to your body and how you feel; remain aware of what you are feeling both physically and emotionally

**Setting limits;** limit your exposure to media reports; identify what responsibilities and actions are yours and what things are out of your control; accept and assert your limitations

**Structuring your time** and keeping busy; set reasonable goals for each day and make daily life decisions; avoid making any major decisions or life changes too soon

**Talking and sharing** your worries or concerns with others; reach out and stay connected to your family and friends

**Eating right and exercising;** physical activity will release tension and enhance your mood; good nutrition will help you meet the physical and emotional demands of this experience

**Avoiding substance use;** alcohol and drugs give only temporary relief and in the long run will likely increase your stress level; avoid caffeine

**Relaxing and sleeping** on a regular schedule; get as much sleep as possible and take time to relax; do something calming or pleasurable each day; give yourself time to stop and take a few deep breaths

**Listening to your thoughts;** monitor negative thinking and counter it by sharing your fears or concerns with others and replacing these thoughts with more realistic, positive thoughts

**Access counseling;** call or come by CAPS: Bldg #27 ph: 407.823.2811