

WHAT TO KNOW ABOUT TRAUMATIC EVENTS

Severely stressful, sudden, or scary events may be considered traumatic, and may overwhelm the coping skills that we usually rely on to deal with stress. In the days and weeks following a traumatic event, it is normal to experience a number of the reactions below.

Cognitive reactions:

- Difficulty concentrating
- Flashbacks of the event
- Memory disturbance
- Difficulty making decisions
- Isolation or withdrawal






Physical reactions:

- Fatigue or exhaustion
- Change in sleep patterns
- Headaches
- Digestive problems
- Change in appetite





Emotional reactions:

- Guilt
- Anger
- Hyper-vigilance
- Feeling numb
- Moodiness
- Feeling helpless
- Self-doubt
- Frustration
- Sadness

DOs for Recovering from a Traumatic Event

-  DO try to maintain normal routines for eating, sleeping, and exercising.
-  DO spend time with trusted, supportive people, and talk about how you are doing.
-  DO engage in intentional self-care, making time for simple things that you find relaxing and enjoyable.
-  DO allow yourself to feel a variety of feelings. Remember that your responses are normal and temporary.
-  DO see a mental health professional if symptoms persist or greatly impact day-to-day functioning.

DON'Ts for Recovering from a Traumatic Event

-  DON'T rely on drugs and alcohol to cope; this will likely worsen symptoms in the long run.
-  DON'T isolate yourself or reject the support of others, even if you're not sure what to say or do.
-  DON'T expect yourself to recover immediately. Trust that with time and patience, you will feel better.
-  DON'T engage in extreme avoidance of situations associated with the event. Gradually dealing with thoughts and fears related to the event can help you recover.

SELF HELP RESOURCES ON THE BACK



APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER

counseling.appstate.edu (828) 262-3180

SELF HELP RESOURCES FOR TRAUMATIC EVENTS

Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life by Cori

BOOKS



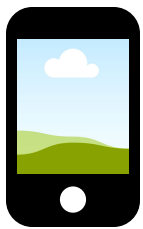
It's Not You, It's What Happened to You: Complex Trauma and Treatment by Courtois

The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms by Williams and Poijula*

*Some books available through App State's Belk Library: library.appstate.edu

Apps:

APPS AND ONLINE RESOURCES



- Breathe2Relax
- Calm
- Calm Harm
- Insight Timer
- Pacifica
- PTSD Coach
- Virtual Hope Box

Online Resources:

National Alliance on Mental Illness: 7 Tools for Managing Traumatic Stress: nami.org/Blogs/NAMI-Blog/January-2019/7-Tools-for-Managing-Traumatic-Stress

National Institute of Mental Health:

nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd

RAINN National Resources: rainn.org/national-resources-sexual-assault-survivors-and-their-loved-ones

ASU Campus Police:

CAMPUS RESOURCES

(828) 262-8000 or police.appstate.edu
(Call 911 in an emergency)



Counseling Center:

(828) 262-3180 or counseling.appstate.edu

Dean of Students Office:

(828) 262-8284 or deanofstudents.appstate.edu

Student Health Services:

(828) 262-3100 or healthservices.appstate.edu

MORE IDEAS AND THERAPIST RECOMMENDATIONS

APP STATE COUNSELING AND PSYCHOLOGICAL SERVICES CENTER

counseling.appstate.edu (828) 262-3180

This handout includes resources from:

American Psychological Association

nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml

thiswayup.org.au/how-do-you-feel/traumatised

TherapistAid.com