



EMPLOYEE SERIES

Tips for dealing with a traumatic event

Being involved in a traumatic event can cause disruption to your life for some time. It's not uncommon to experience a range of intense and sometimes confusing emotions, such as anger, anxiety, fear, guilt, numbness/emptiness, regret, relief and sadness.

These emotional responses are normal responses to an abnormal event. You may, at some point following the event, wish to speak confidentially with a Counsellor who will understand your emotional response, who will listen without judgment, offer information and assist you with strategies to minimise the negative impact of the event. Seeking counselling is not a sign of weakness. Counselling can help significantly in the recovery process following a traumatic event in your life.

Traumatic events impact on people in different ways. You may experience sleeping difficulties, have difficulty concentrating or experience some symptoms of anxiety. Be prepared for some disturbances. It may take a few days for the acute responses to pass.



Self-help strategies. There are some simple things you can do:

- Prepare yourself to be anxious when near the scene of the event or in similar circumstances
- Acknowledge your emotions and share them with people you trust
- Keep in touch with your friends, family and colleagues
- Be patient with yourself
- Keep to your normal routines as much as possible
- Physical exercise is helpful
- Eat regular, healthy meals
- Use deep breathing and relaxation techniques if you feel tense and anxious or to assist with sleep disturbances
- Allow yourself some personal space to acknowledge that you have been through a difficult time.



Avoid things that don't help:

- Overuse of alcohol, coffee and other stimulants
- Working to excess or keeping yourself so busy you have no time to relax and do the things you enjoy
- Withdrawing and isolating yourself from others
- Keeping your thoughts and feelings bottled up, instead of talking about what you are experiencing
- Dwelling on negative thoughts
- Making important life decisions during recovery from a traumatic event.

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au