

Coping After a Traumatic Event

Experiencing a traumatic event can be overwhelming and disruptive, bringing a mix of emotions and challenges. Everyone processes trauma differently, but there are steps you can take to support your well-being.



Understanding Your Reactions

It's normal to experience a range of intense emotions following a traumatic event. You may feel anger, anxiety, fear, guilt, numbness, regret, relief, or sadness. These are natural responses to an abnormal situation. You might also notice physical or cognitive changes, such as difficulty sleeping, trouble concentrating, or heightened anxiety. These reactions typically ease with time, but if they persist or become overwhelming, speaking with a professional can be beneficial. A counsellor can offer support, listen without judgment, and provide strategies to help you navigate this challenging time. Seeking counselling is not a sign of weakness—it's a proactive step toward healing.

Self-Help Strategies

There are simple steps you can take to support your recovery:

- Expect some anxiety when revisiting the scene of the event or similar situations.
- Acknowledge your emotions and share them with trusted friends, family, or colleagues.
- Stay connected with your support network.
- Be patient with yourself—recovery takes time.
- Maintain your daily routines as much as possible.
- Engage in physical activity to help relieve stress.
- Eat regular, healthy meals to support your well-being.
- Practice deep breathing or relaxation techniques to ease tension and improve sleep.
- Allow yourself time to process the experience and accept that it was a difficult event.

Things to Avoid

Some behaviours may hinder your recovery. Try to avoid:

- Overusing alcohol, caffeine, or other stimulants.
- Working excessively or keeping too busy to avoid processing emotions.
- Isolating yourself from friends and loved ones.
- Bottling up your feelings instead of expressing them.
- Dwelling on negative thoughts.
- Making major life decisions while still recovering from the event.

To book an appointment with one of our counsellors, call or scan the QR Code



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