

HOW FRIENDS AND FAMILY CAN HELP AFTER A TRAUMATIC EVENT

An important person has just been through a traumatic experience. This is a traumatic experience for everyone, and they will need your support and understanding to help them cope and recover.

You can expect this person to exhibit some of the following behaviors:

- increased anxiety or fear
- short temper or irritability
- nightmares and sleep problems
- confusion and/or short term memory loss
- difficulty making decisions
- fear of being alone
- physical aches and pains
- tendency to withdraw



You can help by:

- being patient
- listening and trying to understand their feelings
- asking how you might help
- temporarily taking over some of their normal responsibilities
- helping the person to feel safe again. Ideas might include driving them to and from work, installing extra safety precautions like deadbolts and/or new locks.
- going with them on normal errands

Recovery from such an experience can vary from individual to individual. This experience can also trigger memories of other unrelated traumas or issues such as the death of a loved one. Your support and patience will be extremely helpful in aiding this person's healing and recovery process. It may be weeks, or even months before the effects of this experience have diminished.

Your Listening and Support Can Make a Difference!

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