

Coping with Trauma

Physical and emotional reactions to trauma are normal following tragic events.

Normal Reactions may include:

Numbness or Shock
Sleep Disturbances
Recurring thoughts and images
Guilt
Fear

Mood Swings
Grief, Sadness, Despair
Renewal of emotions related to past events

Suggestions for Coping:

Share feelings with family, friends
Don't dwell on fears or What if's?
Care for yourself physically
Avoid turning to drugs or alcohol

Establish a sense of control by
reestablishing daily routines
Help others
Take a break from media coverage

Special Considerations for Children:

Be honest, open and clear
Listen to your child
Provide reassurance and physical
comfort

Limit the exposure; be mindful of TV and
radio
Maintain family rules, expectations and
routine

Remember that crisis is temporary. While lives are forever changed by traumatic experiences, we can face life with new understanding and meaning. Overcoming even the greatest tragedies is possible.

Help is Available

If you or someone you know experiences difficulty or is overwhelmed, you may contact the SLCO/UNI 24-hour CrisisLine at 801-587-3000 for assistance.

SLCo/UNI Crisis Services

