

Things to Try in Times of Crisis

- ◆ Within the first 24 - 48 hours, periods of strenuous exercise followed by relaxation will ease some of the physical reactions
- ◆ Structure your time - keep busy. Maintain as normal a schedule as possible.
- ◆ You are having normal reactions to an abnormal event - don't tell yourself that you are "crazy." You can expect to be bothered by what has happened, but you can also expect to recover.
- ◆ Spend time with others and talk to people - talk is the most healing medicine. Reach out. People do care.
- ◆ Give yourself permission to feel rotten and share your feelings with others.
- ◆ Avoid numbing the pain with drugs or alcohol. You may feel like it helps temporarily, but it will delay your ability to recover from what you have experienced.
- ◆ Keep a journal. Write your way through those sleepless hours.
- ◆ Do things that feel good to you that are also good for you.
- ◆ Don't make any big life changes right now. Wait until you feel that you are on firmer ground.
- ◆ Do make as many daily decisions as possible. This will help you to keep some control in your life. For example, if someone asks you what you want to eat, answer him or her...even if you're not sure.
- ◆ Get plenty of rest and eat well-balanced and regular meals, even if you don't feel like it.
- ◆ Reoccurring painful thoughts, dreams or flashbacks are normal. Don't try to fight them. They will decrease over time and become less painful.
- ◆ Please remember that everyone grieves differently. Just because someone is laughing on the outside does not mean they are on the inside.
- ◆ It is not disloyal to heal and experience happiness.
- ◆ Your life may be forever changed by this crisis event, but you can still have a meaningful life with moments of joy. It takes time.

