

How can you care for yourself?

- It will take time to heal.
- Take time to mourn.
- Pray! Spend time with God.
- Search the Bible.
- Talk to others.
- Join a support group or cell group.
- Be patient with yourself.
- Get plenty of sleep. Eat well.
- Exercise regularly.
- Talk to others about your experience.
- Write in a journal.
- Your emotions are normal. You are not weak or crazy.
- Don't drink or take drugs.
- Don't make any big decisions or big changes.

How can you care for your child after trauma?



- Give your child lots of attention and love.
- Listen to him.
- His fears are real to him.
- Help him to understand what happened.
- Read books and tell stories.



RECOVERING FROM TRAUMATIC EVENTS

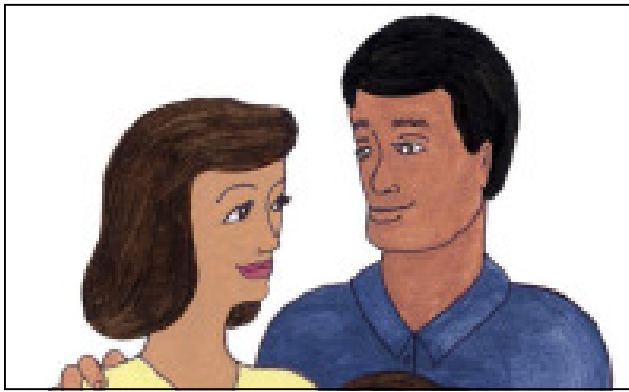


What is trauma?

How can you recover after trauma?

What are some examples of traumatic events?

- Natural disasters, such as hurricanes or cyclones
- Major accidents
- Violence, gunfire, assaults
- Rape, sexual assaults
- Wars, civil unrest



What are some responses to stress?

Initial:

- In shock, stunned, dazed
- Denial

Later:

- Many emotions: sadness, grief, depression, anger, self-blame
- Physical: loss of appetite, trouble sleeping, headaches, nausea
- Difficult relationships, arguments

How can you care for your friend or neighbor after a traumatic event?

