

## Normal Reactions to an Abnormal Event ! ! !

When people experience an event that is out of their usual experience; an event that would be distressing to anyone (examples include a serious threat to one's safety, a threat to the safety and well being of one's family or friends, seeing or knowing another person who has been killed as a result of physical violence, or events which threaten or destroy one's belief system) they react in a variety of different ways.

Everyone reacts in their own way, however, some common reactions may include:

- Feelings of powerlessness and lack of control
- Difficulty sleeping
- Change in eating habits
- Hyper vigilance (jumpy/nervous)
- Difficulty focusing or concentrating
- Intrusive thoughts
- Survivor guilt (I am so glad it wasn't me or my family)
- Dreams/nightmares
- Depression
- Confusion
- Avoidance of any reminders of the event
- Increase in alcohol or drug usage
- Withdrawal and isolation
- Physical complaints (headaches, stomach aches, etc)
- Irritability

Some things that might be helpful:

Remember ... **there is no right or wrong way to react!!!!**

- It is natural to feel the way you do

- Try to return to your normal routine as much as possible

- Eat good healthy foods and drink plenty of water

- Don't drink alcohol, it can act as a depressant

- Don't drink too much caffeine, it is a stimulant and could make you feel even more anxious.

- Get plenty of rest/sleep (chamomile tea and St. John's Wart can help, check with your doctor)

- Talk about what you are feeling and your concerns to family and friends

- Don't isolate yourself, get pro-active about your safety!!

- Join a neighborhood association or start a neighborhood crime watch program.

- Exercise, take a walk, garden... burn off some of that adrenaline and sleep better.

- Talk, Talk, Talk, Talk!!! The more you talk about it the better you will feel!!

We are here to help. Call for an appointment or talk to us on the phone.972-721-6550, 6552,6553.

