Post-Trauma Do’s And Don’ts

People who have experienced a traumatic event often demonstrate changes in behavior. The suggestions below are aimed at reducing the probability of long-term stress reactions.

Do’s
- Get enough rest
- Maintain a good diet and exercise program
- Find time and talk to supportive peers and family about the incident
- Take time for leisure activities
- Follow a familiar routine
- Spend time with family and friends
- Attend meetings regarding this traumatic event
- Create a serene scene to escape to either visually or literally
- Take one thing at a time
- Expect the experience to bother you
- Seek professional help if your symptoms persist
- Seek medical assistance if your physical symptoms concern you

Don’ts
- Drink alcohol excessively
- Use drugs or alcohol to numb consequences
- Withdraw from significant others
- Reduce leisure activities
- Stay away from work
- Increase caffeine intake
- Look for easy answers
- Take on new major projects
- Pretend everything is OK
- Make major changes if you don’t need to

Resources Are Available

Additional information, self-help tools and other resources are available online at www.FOH4YOU.com. Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.