



COPING STRATEGIES

- Periods of strenuous physical exercise, alternated with relaxation will alleviate some of the physical reactions. Structure your time. Keep busy. Maintain your routine as much as possible.
- You're normal and having normal reactions — don't label yourself crazy.
- Talk to people — talk is the most healing medicine.
- Be aware of numbing the pain with overuse of drugs or alcohol. You don't need to complicate this with a substance abuse problem.
- Reach out — people do care.
- Maintain as normal a schedule as possible. Spend time with others.
- Help your co-workers as much as possible by sharing feelings and checking out how they're doing. Give yourself permission to feel rotten and share your feelings with others.
- Keep a journal: Write your way through those sleepless hours. Do things that feel good to you.
- Realize those around you are under stress. Don't make any big life changes.
- Do make as many daily decisions as possible that will maintain your feeling of control over your life, i.e., if someone asks if you want to eat, answer them even if you're not sure.
- Get plenty of rest
- Reoccurring thoughts, dreams or flashbacks are normal — don't try to fight them — they'll decrease over time and become less painful.
- Eat well-balanced and regular meals (even if you don't feel like it).