

## **NORMAL FEELINGS AFTER A TRAUMATIC EXPERIENCE**

- ⚡ **During & after a trauma, all people experience a wide range of normal responses & feelings; everyone deals with these differently.**
- ⚡ **Emotional “aftershocks” are very common & you may notice signs of physical + emotional stress for days or even weeks.**

### **SOME COMMON RESPONSES ARE:**

<b>Shock</b>	<b>Loss of appetite</b>
<b>Disbelief</b>	<b>Headaches or nausea</b>
<b>Numbness</b>	<b>Fatigue</b>
<b>Irritability/Anger</b>	<b>Troubles with sleep</b>
<b>Worrying/Anxiety</b>	<b>Nightmares</b>
<b>Fear</b>	<b>Concentration difficulties</b>
<b>Guilt</b>	<b>Upsetting memories</b>
<b>Grief/Sadness</b>	<b>Struggles in home/family/work</b>

### **HELPFUL HINTS:**

#### **👉 STAY HEALTHY**

**Eat right. Keep a regular schedule. Take time for recreation, exercises or hobbies. Get adequate rest & sleep. Take a hot bath.  
Avoid excess sugar, caffeine, stimulants, or alcohol.**

#### **👉 KNOW THE EFFECTS OF STRESS**

**Pay attention to your body & its stress signals. Read handouts.  
Don't try to fight recurring thoughts, dreams, etc...they'll decrease over time & become less troubling.  
Take time off from cares, worries, & repairs.  
Don't saturate yourself or children with the news or upsetting shows.  
Talk with someone if these are too troubling to function as you need to.**

#### **👉 HAVE A PLAN**

**Preparing for possible future emergencies helps reduce stress and feel more in control. Review handouts about preparedness plans.**

#### **👉 DON'T DEAL WITH THINGS ALONE**

**Talk about your experiences. Sharing your feelings rather than holding them in will help you feel better sooner.  
Mobilize your support systems—connect w/friends. Hugs are Great!  
Write in a journal—for just yourself or to share with others.  
Attend a support group meeting or counseling session.**

**If your stress or concerns become too prolonged or uncomfortable  
you may wish to contact:**

**SLO County Mental Health Services**

**1-800-838-1381**

**805-781-4700**

**Public Health Info Line 805-788-2903**

**Stress management supports may be available throughout the County.**

**Please check the Co Public Health website for updates on the  
disaster & ways to cope [ [www.slocounty.ca.gov](http://www.slocounty.ca.gov) ]**

***Remember....Normal people have Normal Feelings in this Abnormal  
Situation***