

Coping With Trauma

10 STEPS

- 01** Recognize that your symptoms are normal reactions to abnormal circumstances.
- 02** Talk about your thoughts, feeling, and reactions to the events with people you trust.
- 03** Do whatever it takes to create a feeling of safety and tranquility in your immediate environment.
- 04** As much and as quickly as possible, resume your normal activities and routines.
- 05** You are in a recovery process. Give yourself the proper rest, nutrition and exercise.
- 06** Become aware of your emotional triggers and learn to cope with them creatively.
- 07** Be patient with yourself. Healing takes time.
- 08** Try to find some deeper meaning in what happened to you.
- 09** Seek therapy.
- 10** Be kind to yourself.