



## Carelon Wellbeing

# How to cope after a traumatic event

## Find support

Friends, family, or community members can help you cope when a violent or traumatic event occurs. A mental health professional can also help you find ways to deal with your feelings so that healing can begin.

Sometimes, the entire community may be affected. When that happens, you may feel overwhelmed by scary information coming from many sources. Even if you were not directly affected, it's normal to feel impacted by others' pain. Community resources, including support groups led by a counselor, can connect you with others having similar experiences.

In some cases, you may need to access resources that you haven't used before. Look for the people who are helping and take advantage of available resources. These might include mental health services, social services, or aid resources.

## Re-establish your routine

While it may be impossible to have the same one as before, re-establishing your routine can help you feel more stable. Return to work as soon as it is reasonable. If you have been displaced, try to recreate a home. Finding routine in the small things can also be comforting. Having meals at the same time, exercising, or meeting a friend for coffee can help you regain a sense of normalcy.

## Focus on what you can control

After a violent or traumatic event, it is important to focus on the aspects of your life that you can control. One way to feel more in control is by educating yourself. Doing research on the type of event you've experienced can be helpful. For example, you may find that others have experienced a similar situation. You may find comfort and feel less isolated when you know the facts.

## Limit media

It can be helpful to cut back on media during times of high stress. Limit your news to trusted sources and reduce social media use. This will help you stay in control of what you might see, hear, or read that could trigger fear or anxiety.

## Practice self-care

Taking care of yourself is the first priority. Deep breathing can help you feel less anxious. Establishing a daily gratitude practice can help improve your outlook. Remember to take care of your physical health by staying hydrated, eating well, and getting enough rest.

## Seek professional help

Recovery from a violent or traumatic event is a process that takes time. Be patient with yourself and take things one day at a time. If feelings of helplessness, despair, or anxiety don't ease, or if it is difficult to get through your day, consider seeing a mental health professional.

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We are here to help.

To learn more about available resources and find support, contact us today.

[carelonwellbeing.com/stateofrhodeisland](https://carelonwellbeing.com/stateofrhodeisland)

**866-987-3705**

