



## COPING WITH A TRAUMATIC EVENT—STUDENT GUIDANCE

Everyone reacts to upsetting events in a slightly different way and each person finds that there are different things which can help. Some of these suggestions may help you:

- ◆ It usually helps to talk about how you feel. You are not alone. There are people who can help you. If you feel that you want to talk to your friend, or your parent or your teacher, do so. It is good to talk openly about whatever you are feeling, even if it seems to be silly.
- ◆ There are times when you don't want to talk or think about it. At those times, it is good to do something entirely different. You may want to go out and do something which you enjoy and that is O.K.
- ◆ Some people find it helpful to write a diary about that day, and the days that follow. It may be helpful to write or draw things that come to your mind. You don't have to show these to anybody else, unless you really want to.
- ◆ Sometimes you may just want to be alone. It may help to listen to music.
- ◆ Try to keep things as normal as possible. Keep going to school, clubs etc.
- ◆ Remember to eat well, exercise and rest when you need to.

Although you will always remember the event, the bad feelings you have had will usually fade after a few days or weeks. If you continue to be worried make sure that you tell someone who will make sure that you have the support that you need.



## Normal Reactions to sudden and upsetting events:



Do not be surprised if you keep thinking about the incident. You may be asking "Why did it happen? What could I have done?"

At times you may feel tired or sick, or you may have an upset stomach. You may have aches and pains you can't explain.

Sometimes you may be forgetful, or dizzy, or daydreamy. You might get some bad dreams, or find it difficult to go to sleep. You may make mistakes because you're not concentrating, so take extra care if you are doing things like riding a bike, cooking or working with sharp tools. Sometimes you might feel very sad, or angry, or frightened or guilty.

Everyone reacts in a different way, and you may find that you don't feel any of these things. That is O.K.

**All these feelings are quite common.**