

When Terrible Things Happen

Common negative reactions that you may experience:

- hopelessness concerning your life and the future of others
- easily feeling sad or annoyed
- difficulties to concentrate
- constantly being “on the lookout” for danger, startling easily, or being jumpy
- feeling numb, or no pleasure
- avoidance of people, places, and activities
- awkward dreaming

These complaints are normal reactions of an abnormal event!

If the discomfort is too much for you and continue a longer time, contact an expert or

What helps

- Talking to another person for support or spending time with others
- Engaging in positive distracting activities (sports, hobbies, reading)
- Getting adequate rest and eating healthy meals
- Trying to maintain a normal schedule
- Scheduling pleasant activities
- Taking breaks
- Reminiscing about a loved one who has died
- Focusing on something practical that you can do right now to manage the situation better
- Using relaxation methods (breathing exercises, meditation, calming self-talk, soothing music)
- Participating in a support group
- Exercising in moderation
- Keeping a journal
- Seeking counseling

What doesn't help

- Using alcohol or drugs to cope
- Extreme avoidance of thinking or talking about the event or a death of a loved one
- Violence or conflict
- Overeating or failing to eat
- Excessive TV or computer games
Blaming others
- Working too much
- Extreme withdrawal from family or friends
- Not taking care of yourself
- Doing risky things (driving recklessly, substance abuse, not taking adequate precautions)
- Withdrawing from pleasant activities