

It is not uncommon for individuals exposed to traumatic events to encounter a wide range of thoughts, feelings, and behavior during and after a traumatic event. While often disturbing, many of these symptoms are simply normal reactions to abnormal events.

In time, and with a little help, these symptoms usually diminish. We have found that most people benefit greatly by using some of these stress management tips listed below.

STRESS

Management Tips

- Exercise in accordance with what your doctor would advise.
- Eat foods like fruits, whole grain breads, and pasta; avoid “high sugar” foods.
- Rest when you feel tired.
- Ask for some help to think things through if you have to make a tough decision.
- Avoid stressful stimuli and media such as videos and movies that may remind you of the event.
- Spend time with people you know well and like.
- Talk about the event and don’t try to block recollections.
- Seek out comfortable and familiar surroundings.
- Avoid personalizing, or taking on responsibility for how others are responding.
- Avoid stimulants such as caffeine, chocolate and nicotine.
- Avoid depressants such as alcohol.

If you need further assistance, please call Crisis Response Network at 714/327-1070.