



*You will pass through deep waters.
But I will be with you.*

*I am the LORD your God. I am the one who saves you.
You are priceless to me. I love you and honor you.
Do not be afraid. I am with you.*

■ ISAIAH 43:2-5

People normally react to traumatic events in three main ways

- Reliving the experience
- Avoiding reminders of the event
- Always being alert

Reactions to trauma include

- Having nightmares or flashbacks
- Physical aches and pains
- Loss of sleep or appetite
- Feeling shaky or exhausted
- Feeling confused, anxious, overwhelmed, or irritable
- Blaming yourself for what happened
- Wanting to be alone a lot
- Avoiding feelings by using alcohol or drugs, overworking, or eating too much
- Having accidents

Steps toward recovery

- Take care of your body by eating well, getting enough sleep, and exercising.
- Reestablish routines, especially with children, to reduce the feelings of chaos.
- Spend time with positive people, even if you feel like being alone.
- Express your feelings by talking, drawing, or writing laments.
- Sing or listen to music to relax.
- Laugh when you can; cry when you need to.
- Practice breathing deeply from the diaphragm and consciously relax your body.
- Ask for help if you need it and accept help that is offered.
- Complete things you start, to regain a sense of control and order.
- Avoid making major decisions.

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