



# Coping with Trauma

Most people involved in a frightening event such as a natural disaster experience a strong emotional reaction. Some of your experiences can be direct – through the loss of life, injury, damage and loss of property, or indirect through the media reports of highly distressing events.

Although each person's experience is different, there are a number of common responses that are experienced by the majority of those involved. It is reassuring to know that, even though these feelings may be very unpleasant, they are normal reactions in a normal person to an abnormal event. You are not losing your mind or going crazy if you have these feelings. It is often difficult for those who were not involved to understand what the survivor is going through; you may wish to show this pamphlet to friends and relatives, and perhaps discuss your reactions with them. Outlined below are some of the normal reactions to trauma.

## EMOTIONAL

- Shock**
  - disbelief at what happened
  - feeling numb, as if things are unreal

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- Fear**
  - of a recurrence
  - for the safety of oneself or one's family
  - apparently unrelated fears

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- Anger**
  - at who caused it or "allowed it to happen"
  - at the injustice and senselessness of it all
  - generalised anger and irritability

- Sadness**
  - about the losses, both human and material
  - about the loss of feelings of safety and security
  - feeling depressed for no reason

- Shame**
  - for having appeared helpless or emotional
  - for not behaving as you would have liked

## PHYSICAL

- Sleep**
  - difficulty getting off to sleep because of intrusive thoughts
  - restless and disturbed sleep
  - feeling tired and fatigued

- Physical Problems**
  - easily startled by noises
  - general agitation and muscle tension
  - palpitations, trembling or sweating
  - breathing difficulties
  - headaches or general aches and pains

## THINKING

- Memories**
  - frequent thoughts or images of the incident
  - thoughts or images of other frightening events
  - flashbacks or feelings of "reliving" the experience
  - attempts to shut-out the painful memories
  - pictures of what happened jumping into your head

- Dreams**
  - dreams and nightmares about what happened
  - unpleasant dreams of other frightening things

- Confusion**
  - difficulty making simple decisions
  - inability to concentrate and memory problems

## FIND OUT MORE

## COPING WITH TRAUMA

### BEHAVIOUR

- Social**
- withdrawal from others and a need to be alone
  - easily irritated by other people
  - feelings of detachment from others
  - loss of interest in normal activities and hobbies
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- Work**
- not wanting to go to work, poor motivation
  - poor concentration and attention
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- Habits**
- increased use of alcohol, cigarettes or other drugs
  - loss of appetite or increased eating
  - loss of interest in enjoyable activities

**Do not be afraid to get help if you think you need it: it is not a sign of weakness.**



The signs and symptoms described above are common reactions to a traumatic experience, although occasionally they may not appear until some time after the event. Most of them are part of the normal process of recovery and help the person adapt to the trauma. They can, however, be very unpleasant for those affected and their families.

Usually they will diminish over a period of a few weeks, although some may last for months or even years, especially if the experience was particularly frightening. You may also find that the feelings get worse when you are reminded of the event or when you discuss your experiences with other people. Try not to let that stop you from talking about it – in the long term, sharing your experiences and feelings with others will help.

Some people benefit from extra help in overcoming the effects of a traumatic experience. Do not be afraid to get help if you think you need it: it is not a sign of weakness or an indication that you are losing your mind. Often, the help you receive will be short and simple, and will prevent you from having longer term problems.

#### You may need further assistance if:

- The problems described above are particularly severe, or if they continue for more than five or six weeks.
- You feel numb or empty and do not have appropriate feelings; you may find yourself keeping busy all the time in order to avoid the unpleasant thoughts and feelings.
- You have no friends / family to whom you can talk about the experience and how you feel.
- You are using alcohol or drugs to help you cope.
- If you have any other concerns about the way you or
- your family are coping and you would like to discuss the matter.

If you have not already been made aware of where to seek assistance, contact your local GP, family doctor or Community Health Centre.



If you, or someone you know, is struggling after a critical event, **call 1300 687 327** where one of our friendly team is available to provide around-the-clock care.

### FIND OUT MORE

 1300 our eap (1300 687 327)

 [info@convergeintl.com.au](mailto:info@convergeintl.com.au)

 [convergeinternational.com.au](http://convergeinternational.com.au)

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