

Coping with Grief

Everyone Responds to Trauma Differently

You may find it difficult to keep up with normal routines, and family and friends may not know how to respond to your needs or understand your feelings.

Traumas or losses from the past may even resurface. Remember, these emotions can surface for individuals at different times.

You may not have a strong response today, but feel the effects in a week or in a month from now. This is normal.

Take it Easy on Yourself



Remember to eat well and get enough sleep.



Moderate exercise is also helpful.



Avoid self-medication with alcohol or drugs, and drink plenty of water.



Staying in touch with others is also important.

EMOTIONAL

- shock/numbness
- anger
- fear
- depression
- guilt
- frustration
- feeling unsafe
- vulnerable
- loneliness

MENTAL

- confusion
- difficulty concentrating
- difficulty remembering details
- persistent, unpleasant thoughts
- difficulty making decisions
- flashbacks
- reliving past traumatic experiences

BEHAVIORAL

- withdrawal from others
- angry outbursts
- crying spells
- irritability
- decreased energy
- relationship conflict
- increased use of alcohol and/or medications
- fear of being alone

PHYSICAL

- change in sleep patterns
- change in appetite
- shallow, rapid breathing
- dizziness
- headaches
- muscle tension
- increased heart rate
- upset stomach

Crisis Line support is provided 24/7

Blomquist Hale is here to help you. EAP counselors are available during regular and extended hours for your benefit. Simply call the office nearest you to schedule an appointment.

blomquisthale.com