

THINGS TO REMEMBER ABOUT TRAUMA

Everyone responds differently to trauma. Try not to judge yourself or others. This is an important time to honor your own feelings and experiences as well as those of others.

Experiencing a critical incident may trigger memories of other trauma you have experienced. This is normal and although painful, will, pass in time.

Take care of yourself. It is important to rest, eat well, and exercise to relieve pent-up feelings and stress. Put unrelated stressful decisions on hold. Don't force yourself to do things that feel uncomfortable. Allow for time alone and with others as you need it.

A trauma in the workplace is serious. We may not realize how much a part of our lives our co-workers have become until something happens to one of them.

While we may question the appropriateness of "grieving" at work, it is necessary in order to put closure on the incident. People grieve in different ways and those differences need to be supported and respected.

It can be helpful to consider the possible positive results that can come from experiencing a trauma or loss. The experience can lead to a reassessment of what's really important, an opportunity to make changes, and to be more appreciative of those around us. For many people, surviving a crisis can help build self-confidence. Knowing they had the strength to manage through a very difficult situation can lead to believing: "If I made it through that I can make it through anything!"