

Practicing Self-Care After Traumatic Events

Exposure to traumatic events can have a major impact on our emotions, behaviors, cognitive functioning, and physical well-being. People often experience a range of reactions. It is common for them to report being more fearful, withdrawing from friends and family, feeling easily distracted or even frustrated by memory lapses, or finding it difficult to complete even simple, daily tasks.

The most common reaction people exposed to trauma or extreme stress describe is the powerful impact on our bodies. Initially we may feel anxious, sense our hearts racing, or experience an adrenaline rush. After a few days, we may feel exhausted but have difficulty sleeping, notice that we startle easily, be more hypervigilant, or feel numb or detached. Often people report they cannot stop thinking about the traumatic event, watching it on television, or reading about it in the news.

The good news is humans are resilient and most people will recover in a short amount of time – usually a few weeks. To speed up our recovery, we need to remember that self-care is important and find ways to take care of ourselves daily. Here are some things you can do to promote a return to normalcy:

- 1. Maintain social connections:** When we experience a loss or tragedy, it is easy to isolate or withdraw from our network of friends and family. But in a time of crisis, these support networks are more important than ever. Reach out to those who can support you. Make plans to see friends and stay connected in person or virtually. You may decide you want to temporarily avoid people who are not supportive. And remember that it is okay to take time out for yourself to rest and recharge.
- 2. Engage in health-promoting behaviors:** Try to exercise or move your body several times a week and try and maintain a healthy diet. Our healthy routines and good eating habits disappear during emergencies, so we need to find ways to carve out time to go for a walk, swim, or whatever activity you enjoy. Do not overdo it. If you are pressed for time, a short, mindful walk is fine. Do not be hard on yourself. Now may not be the time to start a diet or quit smoking. Stay hydrated. When we are stressed, we tend to use up more water than normal, and our bodies do not always give us the signals that we are thirsty, so it is important to drink a lot of water.
- 3. Maintain good sleep hygiene:** Traumatic events often disrupt our sleep. Some people report nightmares or find that nights are harder for them. Try to maintain regular sleep routines and get eight hours of sleep a night. Stay away from caffeine in the evening. Research supports turning off all electronics – televisions, phones, and computers – at least one hour before bed.
- 4. Find balance in your life:** During a crisis people often report excessive behaviors – working too much, eating too much, sleeping too much, and even drinking too much. Avoid excessively watching news about the event. Our assumptions about the world being a safe place are shattered and anything we can do that gives our life meaning or gives us a plan of action will help speed up our recovery.