

## Post-Trauma Do's And Don'ts

People who have experienced a traumatic event often demonstrate changes in behavior. The suggestions below are aimed at reducing the probability of long-term stress reactions.

### Do's

- Get enough rest
- Maintain a good diet and exercise program
- Find time and talk to supportive peers and family about the incident
- Take time for leisure activities
- Follow a familiar routine
- Spend time with family and friends
- Attend meetings regarding this traumatic event
- Create a serene scene to escape to either visually or literally
- Take one thing at a time
- Expect the experience to bother you
- Seek professional help if your symptoms persist
- Seek medical assistance if your physical symptoms concern you

### Don'ts

- Drink alcohol excessively
- Use drugs or alcohol to numb consequences
- Withdraw from significant others
- Reduce leisure activities
- Stay away from work
- Increase caffeine intake
- Look for easy answers
- Take on new major projects
- Pretend everything is OK
- Make major changes if you don't need to

### Resources Are Available

Additional information, self-help tools and other resources are available online at [www.FOH4YOU.com](http://www.FOH4YOU.com). Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.



Employee Assistance Program  
*We Care, Just Call*  
**1-800-222-0364**  
1-888-262-7848 TTY Users  
[www.FOH4YOU.com](http://www.FOH4YOU.com)

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This information is not intended to serve as medical advice. If you experience physical symptoms which cause you concern, please consult your physician.

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