



After a traumatic event: It's okay to feel this way

A traumatic event can be any sudden or upsetting experience that shakes your sense of safety and changes how you see the world. This can include personal loss, violence, or a large-scale crisis or disaster. After these events, you might feel many different things—and that's completely normal. Taking care of yourself can help you heal and find balance again.

Common reactions include:

- Feeling shocked or like this isn't really happening
- Feeling on edge, tired, or emotionally drained

Physically, you might feel:

- Tired, tense, or shaky
- It's hard to sleep or eat
- Headaches or stomachaches

Emotionally, you might experience:

- Sadness, anxiety, or anger
- Feeling numb or alone
- Guilt or grief

Mentally, you might notice:

- Trouble concentrating
- Confusion or forgetfulness
- Disturbing thoughts or dreams

Everyone reacts to traumatic events differently. There is no one “right way” to cope, and it's okay to heal in your own way and time.

Tips for taking care of yourself

- ✓ Eat well, stay hydrated, and get rest
- ✓ Take breaks when you need to
- ✓ Move your body a little each day
- ✓ Limit news and social media
- ✓ Avoid using alcohol or drugs to cope
- ✓ Talk to someone you trust
- ✓ Give yourself time to heal

Remember: Everyone's healing looks different. Some days might feel easier than others, and that's okay. Be kind to yourself and know that support is available if and when you want it.

You're not alone— reach out for support

Health Advocate offers confidential help 24/7 at no cost to you.