

Our daily lives have a certain rhythm or balance. Emotional balance involves everyday stress, both positive and negative. We have good times like a wonderful dinner with family and bad times like an awful day at work or school. But for the most part, we stay in a familiar range of equilibrium or balance.

Periods of appropriate physical exercise, alternated with relaxation will alleviate some of the physical reactions.

Structure your time: keep busy.

You're normal and having normal reactions – don't label yourself "crazy".

Talk to people – talking is the most healing medicine.

Be aware of the pain with overuse of drugs or alcohol; you don't need to complicate this with substance misuse.

Reach out to people care, and spend time with others.

Maintain as normal a schedule as possible.

Spend time with others.

Help your co-workers as much as possible by sharing feelings and checking out how they are doing.

Give yourself permission to feel rotten and share your feelings with others.

Do things that feel good to you.

Realize those around you are also under stress.

Don't make any big life changes.

Do make as many daily decisions as possible in order to will give yourself feelings of control over your life (i.e., if someone asks you what you want to eat – answer them even if you're not sure).

Get plenty of rest.

Reoccurring thoughts, dreams or flashbacks are normal. Don't try to fight them. They'll decrease over time and become less painful.

Eat well-balanced and regular meals (even if you don't feel like it).

Listen carefully and don't feel the need to give advice.

Spend time with the traumatized person.

Offer your assistance and a listening ear even if they have not asked for help.

Reassure them that they are safe.

Help them with everyday tasks like cleaning, cooking, caring for the family, minding children.

Give them some private time.

Don't take their anger or other feelings personally.

Don't tell them that they are "lucky it wasn't worse" – traumatized people are not consoled by those statements. Instead, tell them that you are sorry such an event has occurred and you want to understand and assist them.