

## Managing the impact of traumatic events

- Strong emotional reactions are normal and there is no right way to think or feel.
- It is common to have memories or dreams of the event or feel unsettled.  
For most people these difficulties will settle down with time.

### Helpful things to do:

1. Take unnecessary pressures off yourself



2. Keeping in your usual routine can be helpful



3. Get exercise, eat well and do nice things for yourself



4. Plan relaxing, comforting things to do and think about how you might manage if you are upset



5. Talk to someone you trust if you want to, but don't feel you have to



6. Spend time with friends and family or speak to a key adult – try not to spend too much time alone



7. Think carefully about how much time you spend on social media and watching the news, switch it off if it's not helping



8. Check in with others who may be struggling but make sure you still take care of yourself

