

How will you know if you have some post trauma issues

On the back page is a list of the most common symptoms people experience at 2 weeks and 4 weeks after the event. Most symptoms should start to settle after 2 weeks however if any of these apply to you please call your EAP professional and allow us to help you process your feelings and find some coping strategies that will help you cope and move forward positively.

Our Counsellors are here to help

call **0800 327 669** to make an appointment or book online eapservices.co.nz



Post Trauma Symptom Checklist

	14 DAYS	1 MONTH
Flashbacks	<input type="radio"/>	<input type="radio"/>
Easily distracted	<input type="radio"/>	<input type="radio"/>
Sensitivity to triggers	<input type="radio"/>	<input type="radio"/>
Intense emotional reactions	<input type="radio"/>	<input type="radio"/>
Anger outbursts	<input type="radio"/>	<input type="radio"/>
Irritability	<input type="radio"/>	<input type="radio"/>
Low mood	<input type="radio"/>	<input type="radio"/>
Low energy levels	<input type="radio"/>	<input type="radio"/>
Anxious (more than not)	<input type="radio"/>	<input type="radio"/>
Fear (more than not)	<input type="radio"/>	<input type="radio"/>
Irregular appetite	<input type="radio"/>	<input type="radio"/>
Sleep disturbances (nightmares)	<input type="radio"/>	<input type="radio"/>
Decreased concentration	<input type="radio"/>	<input type="radio"/>
Short-term memory loss	<input type="radio"/>	<input type="radio"/>
Social withdrawal	<input type="radio"/>	<input type="radio"/>
Physical symptoms	<input type="radio"/>	<input type="radio"/>

Symptoms should decrease after 14 days. Seek professional help if any of the above significantly impair your daily, social or occupational functioning.



Traumatic Incidents

Don't be afraid to ask for help when undergoing trauma – we all need help from time to time





Traumatic incident

Most people have been through traumatic events at some stage in their lives, events which are outside their normal experience, and which create unfamiliar stress.

At times like this people will often experience feelings of horror, helplessness, injury, fear, and grief. Their sense of safety can be disturbed, leaving them feeling vulnerable and helpless.

Their normal coping mechanisms may not be enough to get them through the process of understanding the event and moving on in a sustainable way. Asking for some extra help in times of trauma is not only OK – it's a sensible and proactive coping mechanism which should be encouraged.

A traumatic event is something that occurs outside the range of usual human experience, which has the potential to easily overcome a person's normal ability to cope with stress but don't forget that it is normal to experience anxiety during unpredictable situations like natural disasters.

Your symptoms and feelings are **NORMAL** for the abnormal event.



Don't be afraid to ask for help when undergoing trauma – we all need help from time to time.

There are many things you can do to proactively manage in these situations and there are a few things that you should actively NOT do – the list below are a few helpful Do's and Don't's for self management in times of stress.

DO'S

- ✓ Talk to someone you trust or an EAP professional
- ✓ Express your basic needs
- ✓ Expect intense or unpredictable emotions
- ✓ Write down your heavy feelings
- ✓ Keep your routine as familiar as possible
- ✓ Take time to adjust
- ✓ Eat three meals a day
- ✓ Take care of your safety
- ✓ Eat regularly
- ✓ Sleep enough
- ✓ Seek a form of group support
- ✓ Use breathing or relaxation exercises

DON'TS

- ✗ Think seeking support is being weak
- ✗ Avoid talking about what happened
- ✗ Expect the memories to go away immediately
- ✗ Isolate yourself or your family
- ✗ Make major life decisions
- ✗ Resort to alcohol or drugs
- ✗ Think you're alone in this
- ✗ Forget that others may feel similar
- ✗ Underestimate the impact on your functioning

It is common after the traumatic event has settled and the immediate risk is past that people experience ongoing symptoms of stress and anxiety. This can present in many ways and will be different for everyone. For some people it may be mild, for others it may be incapacitating – either way its normal and OK to be experiencing ongoing feelings and reactions following a traumatic event. The important thing is to recognise this and to seek help.