

## Some of the normal reactions to grief and trauma

### Emotional

- Anger
- Fear
- Sadness
- Guilt
- Confusion
- Disbelief
- Sudden Mood Swings

### Physical

- Lack of energy
- Hollowness
- Emptiness
- Sleep Disturbance
- Tightness in Throat
- Breathlessness – Sensitivity to Light & Noise

### Behavioural

- Absentmindedness
- Crying
- Loss of Appetite
- Bad Dreams
- Withdrawal from usual activities
- Lack of Purpose
- Hallucinations
- Flashbacks
- Loss of Concentration

Many of our members have had similar experience and our service may assist you in dealing with the difficult times.

### Some typical symptoms

- Restlessness, inability to relax
- Vomiting or diarrhoea
- Irritability at minor incidents
- Anxiety over trivialities
- Moodiness
- Unexplained emotional highs & lows
- Depression
- Sleep problems, getting to sleep, nightmares

- Muscle tremors
- Difficulty in concentrating
- Excessive fatigue
- Lowered libido (sex drive)
- Difficulties in relationships
- Flashbacks of the trauma
- Returning to the scene often
- Need for frequent physical contact or withdrawal from others
- Disillusionment
- Excessive discussion of the incident or refusing to discuss it at all
- Increased usage of alcohol or drugs
- Chest pains and/or rapid heartbeat and/or increased blood pressure (Please see your doctor)
- Rapid breathing

If you find that these symptoms are concerning you or affecting the quality of your life, try some of the following ways of coping:

#### **Coping Aids**

- Keep your days fairly well structured – make plans for each day
- Don't make any major life decisions
- Do a bit more physical exercise
- Talk to friends and family about what you are feeling
- Limit your use of alcohol or other drugs
- Keeping a diary, or notes, helps to put emotions into words
- Remember that your family, friends and co-workers may also be affected, ask them how they are coping
- Give yourself permission to feel lousy
- Do something nice for yourself
- Eat nutritional foods regularly, avoid caffeine or other stimulants
- Remind yourself that you are the same person that you were before the accident occurred

If you find none of these coping mechanisms work for you, and the symptoms are continuing, please call us.

If your call is after-hours, or at a time when our lines are busy, please leave a message.

We will return your call within 24 hours.