

WHEN TERRIBLE THINGS HAPPEN - WHAT YOU MAY EXPERIENCE

IMMEDIATE REACTIONS

There are a wide variety of positive and negative reactions that survivors can experience during and immediately after a trauma. These include:

DOMAIN	NEGATIVE REACTIONS	POSITIVE REACTIONS
Cognitive	Confusion, disorientation, worry, intrusive thoughts and images, self-blame	Determination and resolve, sharper perception, courage, optimism, faith
Emotional	Shock, sorry, grief, sadness, fear, anger, numb, irritability, guilt and shame	Social connectedness, altruistic helping behaviors
Social	Extreme withdrawal, interpersonal conflict	Social connectedness, altruistic helping behaviors
Physiological	Fatigue, headache, muscle tension, stomachache, increased heart rate, exaggerated startle response, difficulties sleeping	Alertness, readiness to respond, increased energy

COMMON NEGATIVE REACTIONS THAT MAY CONTINUE INCLUDE:

INTRUSIVE REACTIONS

- Distressing thoughts or images of the event while awake or dreaming
- Upsetting emotional or physical reactions to reminders of the experience
- Feeling like the experience is happening all over again (*flashback*)

AVOIDANCE AND WITHDRAWAL REACTIONS

- Avoid talking, thinking and having feelings about the traumatic event
- Avoid reminders of the event (*places and people connected to what happened*)
- Restricted emotions; feeling numb
- Feelings of detachment and estrangement from others; social withdrawal
- Loss of interest in usually pleasurable activities

PHYSICAL AROUSAL REACTION

- Constantly being "on the lookout" for danger, startling easily, or being jumpy
- Irritability or outburst of anger, feeling "on edge"
- Difficulty falling or staying asleep, problems concentrating or paying attention

REACTIONS TO TRAUMA AND LOSS REMINDERS

- Reactions to places, people, sights, sounds, smells and feelings that are reminders of the disaster
- Reminders can bring on distressing mental images, thoughts and emotional/physical reactions
- Common examples include sudden loud noises, sirens, locations where the disaster occurred, seeing people with disabilities, funerals, anniversaries of the disaster and television/radio news about the disaster

POSITIVE CHANGES IN PRIORITIES, WORLDVIEW AND EXPECTATIONS

- Enhanced appreciation that family and friends are precious and important
- Meeting the challenge of addressing difficulties (*by taking positive action steps changing the focus of thoughts, using humor, acceptance*)
- Shifting expectations about what to expect from day to day and about what is considered a "good day"
- Shifting priorities to focus more on quality time with family or friends
- Increased commitment to self, family friends and spiritual/religious faith

WHEN A LOVED ONE DIES, COMMON REACTIONS INCLUDE:

- Feeling confused, numb, disbelief, bewildered, or lost
- Feeling angry at the person who died or at people considered responsible for the death
- Strong physical reactions such as nausea, fatigue, shakiness and muscle weakness
- Feeling guilty for still being alive
- Intense emotions such as extreme sadness, anger, or fear
- Increased risk for physical illness and injury
- Decreased productivity or difficulty making decisions
- Having thoughts about the person who died, even when you don't want to
- Longing, missing and wanting to search for the person who died
- Children are particularly likely to worry that they or a parent might die
- Children may become anxious when separated from caregivers or other loved ones

WHAT HELPS

- Talking to another person for support or spending time with others
- Engaging in positive distracting activities (*sports, hobbies, reading*)
- Getting adequate rest and eating healthy meals
- Trying to maintain a normal schedule
- Scheduling pleasant activities
- Taking breaks
- Reminiscing about a loved one who has died
- Focusing on something practical that you can do right now to manage the situation better
- Using relaxation methods (*breathing exercises, meditation, calming, self-talk, soothing music*)
- Participating in a support group
- Exercising in moderation
- Keeping a journal
- Seeking counseling

WHAT DOESN'T HELP

- Using alcohol or drugs to cope
- Extreme avoidance of thinking or talking about the event or a death of a loved one
- Violence of conflict
- Overeating or failing to eat
- Excessive TV or computer games
- Blaming others
- Working too much
- Extreme withdrawal from family or friends
- Not taking care of yourself
- Doing risky things (*driving recklessly, substance abuse, not taking adequate precautions*)
- Withdrawing from pleasant activities

**Adapted from Psychological First Aid - Field Operation Guide by the National Child Traumatic Stress Network, National Center for PTSD*

CRISIS RESOURCES

- For life-threatening emergencies, please call **911**
- Campus police at **(515) 294-4428**
- National Suicide Prevention Lifeline
988
- Text the 24 hours Crisis Text line
Text **HELLO** to **741741**

TRY TAO A FREE SERVICE FOR STUDENTS AND EMPLOYEES



TAO is here to assist you in understanding your situation and provide effective methods to manage your life challenges. Whether you're experiencing anxiety, loneliness, insomnia, or a recent breakup, TAO equips you with practical tools that you can apply to your daily life to alleviate your difficulties. Feel better now, try TAO!

STUDENT HEALTH AND WELLNESS

STUDENT COUNSELING SERVICES
515-294-5056

THIELEN STUDENT HEALTH CENTER
515-294-5801

STUDENT WELLNESS
515-294-1099

RECREATION SERVICES
515-294-4980

