

■ ISAIAH 43:2-5

People normally react to traumatic events in three main ways

- · Reliving the experience
- · Avoiding reminders of the event
- · Always being alert

Reactions to trauma include

- Having nightmares or flashbacks
- Physical aches and pains
- Loss of sleep or appetite
- Feeling shaky or exhausted
- Feeling confused, anxious, overwhelmed, or irritable
- · Blaming yourself for what happened
- Wanting to be alone a lot
- Avoiding feelings by using alcohol or drugs, overworking, or eating too much
- Having accidents

Steps toward recovery

- Take care of your body by eating well, getting enough sleep, and exercising.
- Reestablish routines, especially with children, to reduce the feelings of chaos.
- Spend time with positive people, even if you feel like being alone.
- Express your feelings by talking, drawing, or writing laments.
- Sing or listen to music to relax.
- Laugh when you can; cry when you need to.
- Practice breathing deeply from the diaphragm and consciously relax your body.
- Ask for help if you need it and accept help that is offered.
- Complete things you start, to regain a sense of control and order.
- Avoid making major decisions.

Visit DisasterRelief.Bible for more resources.

A Beyond Disaster resource from the Trauma Healing Institute. © 2020 American Bible Society.

Scripture experited from Isajah 43:7–5 (NIRV) © 1995-2014 Biblica, Inc. El Isad by permission, Image: Makoto Eujimura, Walking on Water-Azurite. Used under license, 124985.



- Reliving the experience
- Avoiding reminders of the event
- · Always being alert

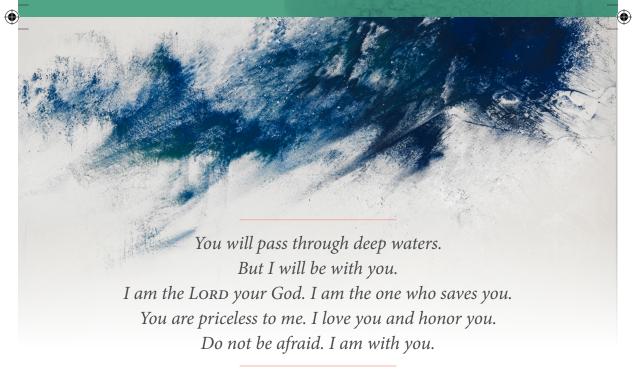
Reactions to trauma include

- · Having nightmares or flashbacks
- · Physical aches and pains
- Loss of sleep or appetite
- · Feeling shaky or exhausted
- Feeling confused, anxious, overwhelmed, or irritable
- Blaming yourself for what happened
- Wanting to be alone a lot
- Avoiding feelings by using alcohol or drugs, overworking, or eating too much
- Having accidents

Steps toward recovery

- Take care of your body by eating well, getting enough sleep, and exercising.
- Reestablish routines, especially with children, to reduce the feelings of chaos.
- Spend time with positive people, even if you feel like being alone.
- Express your feelings by talking, drawing, or writing laments.
- Sing or listen to music to relax.
- Laugh when you can; cry when you need to.
- Practice breathing deeply from the diaphragm and consciously relax your body.
- Ask for help if you need it and accept help that is offered.
- Complete things you start, to regain a sense of control and order.
- Avoid making major decisions.





■ ISAIAH 43:2-5

