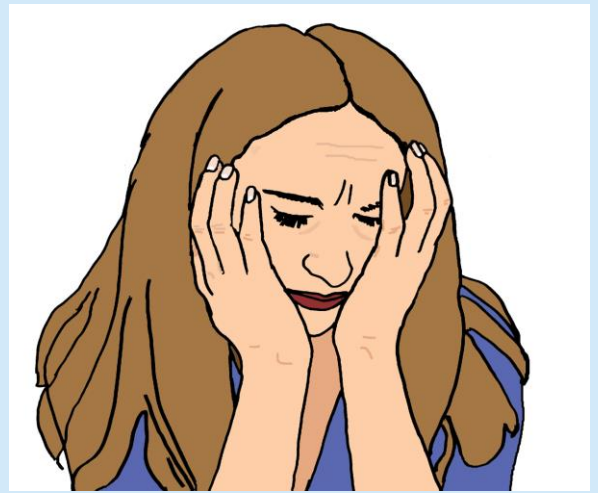


# Coping with stress after a traumatic event



Easy Read



This **leaflet** is for people who have been affected by a traumatic event.



It will tell you how you may **feel** after a traumatic event.



It will tell you things that might **help** you.



## What is stress?



**Stress** is when you get very worried or upset.

Stress can affect:



Your **mental health**.



Your **physical health**.



Your **behaviour**.



## What is a traumatic event?



A traumatic event is an event that causes **harm**.



After a traumatic event you may feel:



Angry



Anxious



Stressed



These are **normal reactions** to terrible events.



What is trauma?



This is the **feeling** you have and **how you act** after something terrible has happened like an accident.



What might you experience after a traumatic event?



You are easily **agitated**.



You are more **jumpy**.



You cannot **concentrate**.



You can **picture** the incident in your head.



**Bad sleep**- like not sleeping or nightmares.



More on what might you experience after a traumatic event?



You feel **strong emotions** and a change of mood for no obvious reason.



You feel **numb**.



Your **relationships** with friends or family feel different.



Increased **drug or alcohol** use.

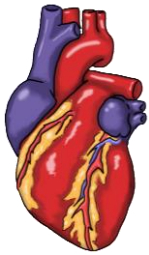


Your performance at **work** has changed.

## You may feel something physical:



Tiredness.



Rapid heartbeat.



Dizziness, shaking or aching muscles.



Feeling sick.



Breathing difficulties.



Choking feeling in your throat or chest.



What might help make things easier for you?



Try to get your normal amount of **sleep**.



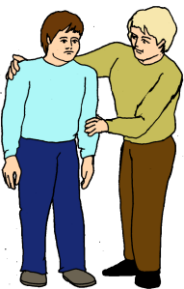
**Rest** and relax.



**Eat** regularly and healthily.



Tell people what would **help** you.



**Talk** to people that you trust about what you are feeling.



Spend time in a place where you feel **happy and safe**.



Remember that what are feeling is **normal** after a stressful event.



## When should you get help?



If you have been experiencing any of the things mentioned for more than a **couple of weeks**.



If things are **not getting better** for you.



If you feel **unsafe**.



## Where should you go for help?



Book an appointment with your **GP**.



Call the NHS helpline **111**.



For more information visit **NHS Choices** website

<http://www.nhs.uk/pages/home.aspx>.



Call the Samaritans on **08457 90 90 90**.