

USEFUL CONTACTS

ICAS www.icasworld.com	0800 072 7072
United Kingdom Council for Psychotherapy (UKCP) www.psychotherapy.org.uk	020 7014 9955
British Association for Counselling & Psychotherapy (BACP)..... www.bacp.co.uk	0870 443 5252
National Association For Mental Health (MIND) www.mind.org.uk	0845 766 0163
The Samaritans www.samaritans.org.uk	08457 909090
Victim Support www.victimsupport.org.uk	0845 3030900
Alcohol Concern www.alcoholconcern.org.uk	020 7264 0510
Drugscope www.drugscope.org.uk	020 7940 7500
Cruse Bereavement Care www.crusebereavementcare.org.uk	0844 4779400
NHS Direct England www.nhsdirect.nhs.uk	0845 4647
NHS Direct Scotland www.nhs24.com	08454 242424
NHS Direct Wales www.nhsdirect.wales.nhs.uk	0845 4647
No Panic www.nopanic.org.uk	0808 8080545
Rape Line www.rapeline.org.uk	0808 8001144
Brake www.brake.org.uk	0845 6038570

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RECOVERING FROM TRAUMA



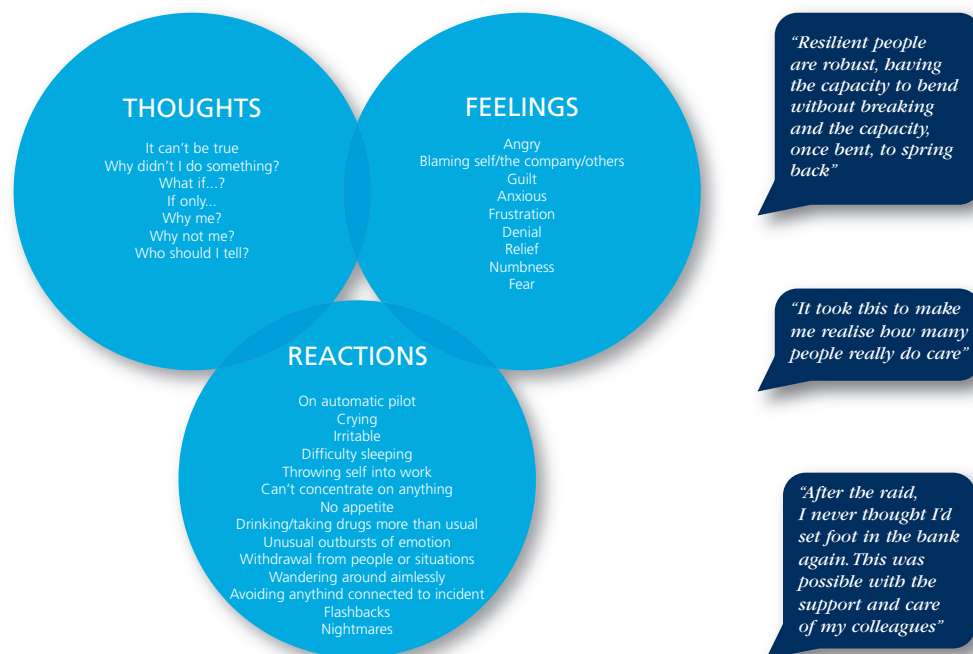
NORMAL responses to an ABNORMAL event

Accidents, fires, robberies, sudden death and similar incidents at work or at home are rare but events for you and your organisation. Nevertheless, when they happen they can threaten our sense of safety, and we often feel overwhelmed by a whole range of reactions.

It is common for us to feel as though we are alone in our own particular experience of the event, and our reactions to it may feel overwhelming. It's at times like these that the support and comfort from others helps to put the event back into context, and for us to feel stability.

You may have heard of the 'Fight, Flight or Freeze' response. This often happens to the body immediately after a shock, and may continue for some time after. During this, your heart beats faster, your energy levels may fluctuate, you can feel sick or your mouth becomes dry. Your legs may get wobbly and shake. Often using words or sentences is difficult and your thoughts race.

As well as the physical response, you may also become aware of a range of thoughts, feelings and reactions.



You may be worried about yourself and some of these reactions. However, this is a natural process as your mind and body attempt to make sense of what has happened and what has changed.

HELPFUL IDEAS

Although these immediate reactions can be distressing, most people do recover. Here are some suggestions to help you in your recovery:

- Remind yourself that you are experiencing NORMAL REACTIONS to an ABNORMAL EVENT
- Talk about your experiences when you feel ready
- Look after your physical self. Exercise, eating and sleeping well will help you regain a sense of balance
- Avoid stressful situations, delay making major decisions
- Develop a routine to help life feel more manageable
- Avoid over-use of alcohol or drugs



Trauma can make us feel like we are on our own. People tell us that the most helpful thing is to be around others – family, friends, colleagues or a professional.

Give this leaflet to your family and friends – it may help them to understand what you're going through.

Returning to work can feel daunting. However, it can also play an important part in your recovery. Talk to your manager or human resources representative – they may be able to help you think about the best way to come back.

WHEN TO SEEK FURTHER HELP

The emotions following a traumatic event should gradually reduce in intensity over 4-6 weeks. Some people however may need extra help with coming to terms with the experience. The reasons for this are varied, but usually one of the following factors is significant:

- The experience was particularly distressing
- The person involved is highly critical of their own actions, either during or after the event – or both
- At the time of the event, the person was having work or personal difficulties such as a bereavement or relationship breakdown
- A previous life experience has been re-awakened by the present one
- Someone who has experienced more than one traumatic event of a similar nature can experience a cumulative impact
- Before the event the person was feeling run-down, stressed or had difficulties with depression or anxiety

If this is the case, further help is available from the team here at ICAS or via your GP.